

THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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PEER REVIEWED

Limestone (Calcium carbonate) Cliffs of Etretat,
upper Normandy, France. The Strait of La Manche

The Calcareas and their Scope in Homoeopathy

- Role of Homoeopathy in Treating Corn-A Case Report
- A Case of Hypothyroidism cured by Calcarea Silicata



HOMOEOPATHIC JOURNAL INDIA FOUNDATION

As the Homoeopathic fraternity must have learnt of Dr Vishpala Parthasarathy's sad and sudden demise; after that, due to certain legalities, NJH could not be continued.

Twenty six (26) members of the erstwhile NJH Editorial Board, have formed a Foundation, Homoeopathic Journal India Foundation (HJIF), which will be publishing the monthly magazine - an e-journal - named - International Journal of Homoeopathy and conducting the digital programmes viz. HJIF Webinars, HJIF Live Insta, HJIF YouTube channels and, of course, VP-SSMS.

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Skin Diseases

Skin - The Mirror of Inner Environment!!

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Dear Readers,

An alkaline earth metal and extremely reactive, Calcium is abundantly found on the earth's crust as carbonate, fluoride, sulphate, silicate and borate. What we show you on the cover page of this issue of The Homoeopathic Heritage are natural Limestone cliffs of Etretat, upper Normandy, France. This issue of The Homoeopathic Heritage aims to highlight upon the promising potential that this widely sprawling mineral possesses, in tackling the myriad forms of diseases- effects of calcium deficits and excesses in the body, psoric affections and not-the-psoric affections of mankind and the field of veterinary ailments through homeopathy.

An alkaline earth metal and extremely reactive, Calcium is abundantly found on the earth's crust as carbonate, fluoride, sulphate, silicate and borate. While calcium carbonate occurs in the form of marble, chalk, limestone and calcite, calcium sulphate is known as and used by mankind as gypsum, calcium fluorite as fluorspar, and calcium phosphate in apatite. Besides this, the massive water bodies on earth contain either or both calcium sulphate and calcium carbonate.

What we show you on the cover page of this issue of The Homoeopathic Heritage are natural Limestone cliffs of Etretat, upper Normandy, France.

Calcium has been known to mankind since even before the 1st century. Sifting through a research article, we came across a statement that three statues were discovered in a buried pit at 'Ain Ghazal in Jordan; those were sculpted with lime plaster over armatures of reeds and twine. They were made in the pre-pottery Neolithic period, around 7200 BC. As per another article, lime plastering can be found in the famous Egyptian pyramids.

"Evidence also suggests that armies during late BCE hurled calcium oxide at their enemies. Generally thrown by hand, it didn't even matter if the vessel carrying the quicklime directly hit its target, since the powdery substance could spread rapidly through the force of the wind."

In 1808 calcium was first isolated by Sir Humphry Davy, a chemist, inventor and at the time Britain's leading scientist.

He conducted many experiments to reduce moist lime by electrolysis, similarly to producing sodium and potassium, with often unsuccessful

results. Through further experimentations, however, he electrolyzed a mixture of lime and mercuric oxide together, which allowed him to isolate and discover calcium.

In homeopathy, we use all four compounds of calcium in both biochemic and dilution form- Fluorspar, as stated by Dr Schussler, has been proved by J. B. Bell and its complete proving can be found in Allen's Encyclopedia, vol x, page 398; Calcarea phosphorica was proved by Dr. C Hering and collected in the Guiding Symptoms, volume ii, besides Allen's Encyclopedia. A history of the different provings is also found in the Hahnemannian Monthly, 1871, by Dr C. Hering. Calcarea sulph was proved by Dr. Clarence Conant. The proving appeared in the Transactions of the American Institute of Homeopathy, 1873 and in Allen's Encyclopedia volume ii, page 410. As per Dr. Schussler, the Guiding Symptoms, volume iii features a complete arrangement of the symptoms on page 227. While these three compounds of calcium were proven and are used both as dilutions and biochemic tissue salts, Calcarea carbonica derived from oyster shell finds its place only in the Homeopathic materia medica as dilution.

Hahnemann writes in The Chronic Disease about this great antipsoric- "Break in pieces a clean, somewhat thick oyster shell, take one grain of the softer, snow white calcareous substance found between the outer and inner harder shell. This is prepared in all degrees of potencies up to X in the manner directed as to the preparation of dry medicinal substances for homeopathic use".

Quick Word on Issue Content

This issue of The Homoeopathic Heritage titled 'The Calcareas and Their Scope in Homeopathy' aims to throw light upon the promising potential that this widely sprawling mineral possesses, in tackling the myriad forms of diseases- effects of calcium deficits and excesses in the body, psoric affections and not-the-psoric affections of mankind and the field of veterinary ailments through homeopathy. With myriad case reports and opinion pieces by young, budding and professional homeopaths, this issue also features a distinct column called 'In Italics' by a well-known name in the field of Homeopathic Pharmacy- Dr Sumit Goel. The 'From the Editor's Desk' comes from the desk of Dr Yogesh Niturkar, our chief associate editor and Assistant Professor,

Department of Organon & Philosophy, Vasantrya Kale Homeopathic Medical College and Hospital, Latur and Stalwarts' Expedition by Dr Subhas Singh, Director, NIH, Kolkata which illustrates the life of Prof (Dr) Mahendra Singh. We also have a guest editorial from the pen of Dr Amit Sahani, HOD, Dept of Repertory, RBTS Govt. Homoeopathic Medical College & Hospital, Muzaffarpur, Bihar and a review by Dr Neeta Jain of the long forgotten treasure- Leaders in Respiratory Organs by Dr E. B. Nash.

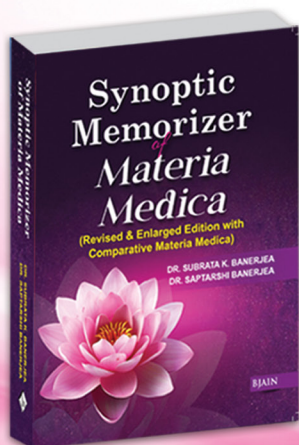
Happy Reading!

Dr Rashi Prakash

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Call for papers for the upcoming issues:

Unbolt Yourself		
Issue	Topic	Date
February 2024	Diabetes Mellitus, Its Complications & Homoeopathy	December 15, 2023
March 2024	The Calcareas & Their Scope in Homeopathy	January 15, 2024
April 2024	Homeopathy For Behavioral Problems in Children	February 15, 2024



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A synopsis of different views and styles of presentation of drug-pictures

Elaborates Dr Banerjee's own technique to enumerate every drug picture and mental picture in a comprehensible fashion so that they can be memorised easily

Describes the medicine through the name of the medicine or through suitable any thuja through the tips Sycosis, Bryonia through the tips Modality etc.

Sourced from the author's personal notes, thoroughly designed and profusely augmented

Elaborate depiction of mental pictures and the drug-picture elucidating different views from different angles 'for quick and vivid comprehension

The Calcarea group and its scope in Homoeopathy

Dr. Yogesh Dhondiraj Niturkar

MD (Hom), Mumbai, Chief Associate Editor, The Homoeopathic Heritage

Introduction

The name Calcium is derived from the Latin word Calyx means chalk. Calcium is the third member of the alkaline earth group II of the periodic table which further comprises beryllium, magnesium, strontium, barium and radium.^[1] Amongst the Calcarea salts, Calc. Carbonica is the commonest salt & it is the representative of the Calc group. Others being Calc. Acetica, Calcarea Arsenicosa, Calc. Bromate, Calc. Caustica, Calc. Chlorinata, Calc. Hypophosphorosa, Calc. Iodata, Calc. Fluorica, Calc. Lactica, Calc Lac Natronata, Calc. Muriatica, Calc. Renalis, Calc. Ostrearum, Cal. Ovi Testae, Calc. Oxalica, Calc-Phosphoricum, Calc. Picrica, Calc-Silicata, Calc. Silico Fluorica, and Calc-Sulphuricum.^[2] The applied aspect of Calcarea can be understood from its study at physiological level, its expressions at mental and physical part, pathology, miasmatic dimension and the relationship that it shares with other remedies.

Physiological Role of Calcium ✨ A large amount of Calcium is stored in bone; it is the most abundant mineral in the body. Calcium was used by the earliest form of life to offer protection in the form of a shell, exoskeleton etc. Calcium plays an important role in muscular contraction, relaxation of supports - muscles, fibro muscular structure & connective tissue, transmission of nerve impulses at neuromuscular junctions, formation of thromboplastin & conversion of prothrombin in to thrombin, capillary permeability, cellular ionic balance, in parathyroid & thyroid function, controls blood cholesterol levels, blood coagulation, storage & release of body harmones, utilization of amino acids as the building blocks for all body proteins. Calcium is essential for the production & activities of many enzymes & harmones that are involved in digestion, energy

& fat metabolism & the production of saliva. The increase or decrease in calcium levels have effect on the body.

Applied Physiology: Hypocalcemia ✨ Low levels of calcium in blood leads to increased neuromuscular irritability, spasmodic manifestations like tetany, bronchospasm, convulsions, etc., paraesthesia, osteomalacia, rickets, hemorrhage, tingling & numbness, cataracts, poor growth, emaciation, senility, depression, anxiety, psychosis & irritability.

Hypercalcemia ✨ Increased levels of calcium leads to hypotonia, constipation, fatigue, confusion, anorexia, nausea, vomiting, polyuria, malignant tumors, paget's disease, sarcoidosis, metastatic malignancy in bones, confusion, hyperparathyroidism & deposition of calcium in kidneys, lungs, heart, stomach, skin, & blood vessels.

Hypo or hypercalcemia leads to death, therefore normal level of calcium must be maintained.

Perceiving Calcarea: Calcium gives stability & firmness to structure. In humans it occurs primarily in bones, which gives us stability & protects the vital organs like the brain, heart, lungs & spinal cord. Calcium's task is to build up a stable balance out of a yet unorganized inner world & at the same time, to protect against external influences, which are too strong, without excluding them altogether. This is the fundamental base of every human organism & leads to independence, self-realization & self-support, if uninterrupted. If anything goes wrong the result will be dependence, withdrawal & loss of social relationship.

The main theme in Calcarea is protecting the individual's physical & mental structure against

external & internal influences leading to disorder. The prime feeling of Calcarea is the need for stability & security. He feels like an oyster without a shell & seeks protection. He strives to get protection from outside/develop it within himself. Anything that threatens his stability & security causes immense fear in the Calcarea person. There is a need for security or support.

In Calc individuals, most of the problems start from their passivity. They may be too open to influences from their surroundings, too easily affected, hypersensitive or too armored & isolated in order to compensate for their lack of ability to meet a challenge. Adults, to whom work is more important, feel over-responsible & carry the burden of the whole world.

Calcarea is content to stay at home & watch T.V. preferably with someone to cuddle and a good supply of high calorie nibbles. Desire to be magnetized. Great appetite, most Calcarea overindulge in food, since they find it so enjoyable & being sedentary by nature they usually become overweight. Calcarea by contrast is often quite content in her obesity since they are less conscious of their appearance.³ Lots of fears & anxieties. Another feature is unresponsiveness, the individual shutting up like a clam & assuming an air of indifference, which is in fact an attempt to camouflage the anxiety & agitation within. Calc is a tired patient, no ability of the mind to sustain prolonged mental effort. Calc is a medicine that goes deeper into the life & takes a deep hold of every part of the economy. Indolence/inertness is a very characteristic⁴, neither easily aroused nor easily moved & content to do the barest minimum.⁵ Calcarea's inertia is traceable through lack of determination. There is absence of such qualities like ambition, energy & drive. Inability to sustain mental effort is a well-known Calcarea symptom. It is also useful in complaints from prolonged worry.¹⁶ The sedentary nature is manifested in the Calc individual, who is lethargic & to snap back after a hurt.¹⁷

The protection of any functional organization against disturbances from outside, we may, in general, characterize as walling off. The protection against upsetting influences from within, amounts to stabilization. Walling off and stabilization, thus, are most apt general

descriptive terms to characterize broadly the energy pattern of Calcarea and Magnesia. At mind level there is sluggishness with obstinacy & delayed responses and at the physical level lots of relaxations with sluggishness & indolence. Due to this when success is delayed or thwarted with inability to adapt with circumstances there is anger, frustration, insecurity, anxiety, loss of confidence & inferiority complex. Therefore, limits exploration of the World & enjoys staying at home & to alleviate anxiety eats more which further leads to obesity resulting into restricted physical activity & sedentary lifestyle. Calcarea are having sensitive mind but due to number of environmental inputs there is inability to analyze & organize things, which leads to confusion, inability to keep pace & poor performance. They are preoccupied with insignificant things, ideas & matters, which is having strong hold on them. They have strong desire for material things but want to satisfy desires with less efforts & tries to find the ways to gain pleasures. This conflict leads to increased frustration, irritability, discontent, resentment & goes to the extent of cruelty, violence resulting into destruction.¹⁸

In physical sphere, we find Calcarea to be sluggish, obese & worse from exertion.¹⁹ The word flabbiness implies more than just weakness, patient's are weak & soft; the element that gives stamina, strength, & support to their tissues is missing; their mental & muscle tone is deficient. The general flabbiness ultimately leads to disintegration. Where the organism, feels that it will soon collapse, mentally & physically. As the individual is physically slow to rebound from stress & illness, so lacks the ability to overcome emotional shocks. It has hydrogenoid constitution. Calcarea person is bulky, fleshy, and flabby but without fitness. Fatness without fitness, sweat without heat, bones without strength, bulky body with weakness and weariness. In quantity there is excess of tissue but without quality. Dry tongue, with vesicles and blisters difficult to move. Pain is throbbing, shooting, pricking, pressing, burning, spasmodic, and neuralgic. Discharges are profuse, acrid, sour, white, albuminous, thick, bloody, purulent, and mucoid. Depth of action is functional and structural level.

Calcarea is having aversion to tobacco, coffee,

milk, meat, milk aggravates. Desire for indigestible things like chalk, charcoal, pencil, slate, mud etc., lemonade, egg, potato, sweet, and salt. ^[10]

Quick Review of Calcarea Group ^[11]

Sr. No.	Name of the Remedy	Region	Modalities: Aggravation	x
1	Calc Ars	Region Heart Blood. Blood vessels Abdominal visceral organs: Liver. Spleen. Mesenteric Thermic center Left side	Worse Cold: Weather. Things. Open air Daytime (convulsions). Evening. Night Periodically (head, pulse). 3 am (Kali-c.) After prolonged sleep Slight exertion. Ascending stairs Anger. Vexation. Grief Malaria. Climacteric Wine, after giving up. Quinine. Opium	Better Rest Music
2	Calcarea Carb	<u>NUTRITION:</u> GLANDS (Cervical. Mesenteric.). BONES. SKIN. BLOOD. CHEST. R. Lung. HEART. CHILDREN.	Worse: <u>COLD;</u> RAW AIR. Wet. BATHING. Cooling off. Change of weather. EXERTION: Mental. Physical. Ascending. Eyestrain. DENTITION. Puberty. PRESSURE OF CLOTHES. MILK. Awaking. Anxiety.	
3	Calc Fluor	Worse: Elastic fibre: Veins. Glands. Periosteum. Left side	WORSE: Beginning motion. Cold; wet. Drafts. Changing weather. Sprains	
3	Calcarea Hypophosphorica	REGION: Nutrition.	WORSE: Vital losses.	
4	CALCAREA PHOSPHORICA	REGION: NUTRITION: BONES (SUTURES. PERIOSTEUM. Cartilage.). GLANDS. Nerves. ABDOMEN. Vertex. Chest.	WORSE: Exposure to: Weather changes. Drafts. Cold, wet. Melting snows. East wind. DENTITION. Mental exertion. Loss of fluids. Puberty. Fruits. Cider.	BETTER: Lying down.
5	CALCAREA SULFURICA	REGION: CONNECTIVE TISSUE. Glands. Mucous membranes. Bones. Skin.	WORSE: Drafts. Touch. Cold. Wet. Heat of room.	BETTER: Bathing. Open air. Eating. Heat (local). Uncovering.

Scope of Calcarea Group

The journal consists of various cases demonstrating scope of Calcarea group; therefore, a table on clinical indications of Calcarea group of remedies is shared from Dictionary of Homoeopathic Materia Medica written by J. H. Clarke. ^[12] The table will help in understanding the pathology covered by Calcarea group, its vast scope in restoring the sick to health to cured as it is termed. The clinical indications help us in understanding the miasmatic coverage from psora, sycosis and syphilitic dimensions.

Sr. No.	Remedy	Clinical Indications
1	Calc Acetica	Anus, itching of. Bronchitis membranosa. Cancer, pains of. Dysmenorrhœa membranosa. Headache. Vertigo
2	Calc Ars	Acidity. Albuminuria. Asthma. Cholera. Cirrhosis of liver. Constipation. <i>Consumption. Corpulency.</i> Dropsy. Embolus. Epilepsy. Gastric ulcer. Headache. Heart, disease of. Indigestion. Intermittent fever. Kidneys, affections of. Liver, affections of. Obesity. Palpitation. Pancreas, cancer of. <i>Tumours.</i> Typhoid
3	Calc Brom	Brain, congestion of. Fretfulness. Irritability. Sleeplessness
4	Calc Carb	<i>Abdomen, large. Acidity.</i> Alcohol, effects of. <i>Anæmia. Ankles, weak. Appetite, depraved. Beard, sycosis of. Bone, disease of.</i> Brachial neuralgia. <i>Breasts, painful. Bronchial glands, affections of. Calculus.</i> Caries. <i>Cataract.</i> Chilblains. Chorea. <i>Cold. Consumption. Corpulency.</i> Coryza. <i>Cough.</i> Coxalgia. <i>Croup.</i> Crusta lactea. <i>Debility.</i> Delirium tremens. <i>Dentition.</i> Diabetes. Diarrhœa. <i>Dropsy. Dyspepsia. Ear, affections of. Epilepsy.</i> Epulis. <i>Eyes, affections of.</i> Fever, intermittent. Fistula. Gall-stones. <i>Glandular swellings.</i> Gleet. <i>Goître.</i> Gonorrhœa. Gouty swellings. Headache. <i>Hernia.</i> Herpes. <i>Hydrocephalus.</i> Hypochondriasis. Hysteria. Impotence. <i>Joints, affections of. Lactation, defective. Leucocythæmia. Leucorrhœa. Lupus.</i> Masturbation. Melancholia. <i>Menstruation, disorders of.</i> Milk-fever. Miller's phthisis. <i>Miscarriage. Molluscum contagiosum. Nævus.</i> Nervous fever. Neuralgia. Night terrors. Paralysis. Parotitis. <i>Peritonitis. Perspiration.</i> Plethora. <i>Polypus. Pregnancy.</i> Prosopalgia. Psoriasis palmaris. <i>Ranula.</i> Renal colic. Rhagades. <i>Rheumatism.</i> Rickets. <i>Ringworm.</i> Sciatica. Scrofula. Skin, affections of. Sleep, disorders of. Sleeplessness. <i>Smell, disorder of.</i> Spinal affections. Stone-cutter's phthisis. Strains. Sycosis. Sycosis menti. <i>Tabes mesenterica.</i> Tapeworm. <i>Taste, disordered. Teeth, carious. Toothache. Trachea, affections of. Tuberculosis. Tumours.</i> Typhoid. Urticaria. <i>Uterus, affections of.</i> Varices. <i>Vertigo. Walking, late. Warts.</i> Whitlow. <i>Worms</i>
5	Calc Caustica	Back, pains in. Coccygodynia. Corns. Feet (pains in heels). Hoarseness. Jaw, affection of. Malar bones, pain in. Neuralgia. Paralysis. Rheumatism. Spleen, affections of. Stiff-neck. Tapeworm. Toothache
6	Calc Chlorinata	Boils. <i>Carbuncles.</i>
7	Calc Fluor	Adenoids. Aneurism. Bone affections. Breast, indurations of. Cataract. Catarrh. Cold sores. Corneal opacities. Cough. <i>Exostosis.</i> Flatulence. Glands, indurated. Hæmoptysis. Herpes. <i>Hodgkin's disease.</i> Joints, cracking of. Liver, affections of. <i>Lumbago.</i> Nodes. Ozæna. Parturition. Postnasal catarrh. Spavin (horses). Strains. Syphilis.
8	Calc Hypo	Angina pectoris. Arteries, affections of. Asthma. Congestion. Headache. Paralysis. Sweating
9	Calc Iod	<i>Cancer. Consumption. Flatulence. Glandular swellings.</i> Headache. <i>Mollities ossium.</i> Tumours of the breast
10	Calc Lactica	Chilblains. Headache. Migraine. Rhinitis. Sprue
11	Calc Lac Natronata	Alkaline blood. Asthma. Chilblains. Hæmorrhage. Hay fever. Urticaria
12	Calc Mur	<i>Boils.</i> Glandular swellings. <i>Impetigo.</i> Scrofula. Vomiting
13	Calc Ovi Testae	Leucorrhœa. Warts
14	Calc Oxalica	Cancer
15	Calc Phos	<i>Anæmia. Ankles, weak. Back, weakness of.</i> Bones, affections of. <i>Brain-fag.</i> Bright's disease. Cholera infantum. <i>Chorea. Consumption.</i> Cretinism. <i>Debility. Dentition.</i> Diabetes. Dyspepsia. <i>Emissions.</i> Enuresis. Epilepsy. <i>Erotomania. Face, boils on. Fistula. Fracture.</i> Gleet. Gonorrhœa. Headaches. Hernia. Hydrocele. Hygroma. <i>Joints, affections of.</i> Leucorrhœa. Lumbago. Nymphomania. Phosphaturia. <i>Rheumatism. Rickets. Self-abuse. Spermatorrhœa. Spina bifida.</i> Stiff-neck. Strabismus. Testicles, swollen. <i>Throat, sore. Tobacco habit. Tonsils, enlarged.</i> Uterus, prolapsus of; polypus of. Yawning
16	Calc Picrica	Ear, perifollicular inflammation of. Boils in meatus
17	Calc Renalis	Gout. Gravel. Joints, nodosities on. Renal calculi. Stone in bladder. Teeth, tartar on
18	Calc Silicata	Atrophy. Cornea, ulcer of. Scrofula. Ulcers.
19	Calc Sulph	Abscess. Anus, abscess near. Boils. Buboës. Burns. Carbuncles. Chilblains. Cornea, ulceration of. Cough. Crusta lactea. Cysts. Dropsy. Dysentery. Eczema. Fistula. Glandular swellings. Gonorrhœa. Hæmorrhages. Injuries, effects of. Pneumonia. Polypi. Scarletina. Spermatorrhœa. Syphilis. Tonsillitis. Tumours. Ulcers

Remedy Relationship:

The scope of Calcarea in terms of clinical indications will help us to understand the location and wide sphere of action of the particular remedy. For successful Homoeopathic practice it is also essential requisite that the physician should have knowledge of remedy relationship¹¹ as the second prescription may need complementary, antidote or caution of knowing whether the remedy is followed well by or does it follows well. Therefore, following table is given below for having comprehensive knowledge of the Calcarea group of remedies and its relationship with other remedies.

S r . No.	Remedy	Comple-mentary	Followed Well By:	Follows Well:	Inimical	Compare	Antidote
1.	Calc Acetica					Bor, Brom, Calc-ox	
2.	Calc Ars			Con, Glon, Op, Puls		Ars, Graph, Kali-iod, Lith-c, Nux-v, Phos	
3.	Calc Brom.					Aeth, Bell, Calc-br	
4.	Calc Carb	Bell	Lyc, Nux-v, Phos, Plat, Sil	Cham, Chin, Con, Cupr, Nit-ac, Nux-v, Puls, Sulph	Bry	Acon, Adren, Alum, Ambr, Aml-n, Ant-c, Anthr, Apis, Arg-n, Ars, Aur, Bapt, Bar-c, Bell, Berb, Brom, Bruc, Bry, Calc, Cann-s, Carb-v, Caul, Cham, Chin-s, Cinch, Clem, Croc, Cupr, Cur, Dios, Dros, Dulc, Gels, Gins, Glon, Goss, Graph, Ham, Hep, Ign, Kali-bi, Kali-c, Lach, Laur, Led, Lept, Lil-t, Lyc, Maland, Med, Merc, Mosch, Nat-c, Nat-m, Nat-s, Nit- ac, Nit-ac, Nux-m, Nux-v, Olnd, Phos, Pic-ac, Podo, Psor, Puls, Ran-b, Rhus-t, Rumx, Sang, Sanic, Scir, Sec, Selen, Sep, Sil, Spig, Stry, Sul-ac, Sulph, Thuj, Ust, Valer, Verat, Vib	Camph, Ip, Nit-ac, Nit-s-d, Nux-v, Sulph
5.	Calc Caustica					Calc, Hep, Mag-c, Mez, Nit-ac, Pic-ac, Rhus-t, Sep, Valer	
6.	Calc Fluor					Calc-p, Nat-m, Ph-ac, Rhus-t, Sil	
7.	Calc Hypo					Bar-c, Cact, Calc-p, Glon, Kali-c	
8.	Calc Iod					Agraphis, Sulph, Acon, Calc fl, Sil, Merc, Iod, Calc, Car C, Calc phos, Carb v.	
9.	Calc Lactica					Apis, Iris, Kali-bi	
10.	Calc Lac Natronata					Agar, Apis, Astac, Calc-m, Urt-u	
11.	Calc Mur					Calc-chln, Calc-I, Nat-hchls	
12.	Calc Oxalica					Acet-ac, Cit-ac, Euph, Euph-he, Ox-ac	
13.	Calc Phos	Ruta	Sulph	Ars, Chin, Iod, Merc			
14.	Calc Picrica					Ferr-pic, Pic-ac	
15.	Calc Sulph			Kali-m, Nat-s, Sil		Calen, Hep, Kali-m, Nat-s, Sil	

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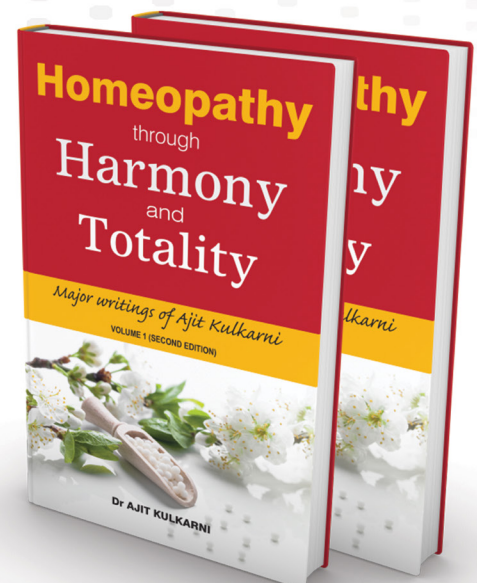
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(VOL.2)

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Concept of Individuality in the Light of Bio Similarity/Biodiversity in Homoeopathic Perspective

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Keywords

Individuality, Similarity, Bio-similar, Homoeopathy

Abstract

The foundation of Homeopathic Medicine is the 'Similia Principle', also known as the 'Principle of Similarity' or also as the 'Simile', which reflects the inversion of pharmacological effects in healthy subjects as compared with sick ones. Individuality is the core concept for selection of medicine in Homoeopathy where it provides a process for identifying an individual to be most similar to medicine. This process of Individualization is followed in context of law of similia. Every aspect of understanding about practice of homoeopathy follows the fundamental law of similia. Bio-similar which is also known as follow-on biologic or subsequent entry biologic is a biologic medical product that is almost an identical copy of an original product. Bio-similar are officially approved versions of original "innovator" products and can be manufactured. Although it is in reference to the similarity of medicinal products with the original generic medicines it becomes most relevant study to bring our attention towards the Law of Individuality and Law of Similia in Homoeopathy.

Conflict Of Interest. No conflict of Interest

Introduction

Individuality is the core concept for selection of

medicine in Homoeopathy where it provides a process for identifying an individual to be most similar to medicine. This process of Individualization is followed in context of law of similia. Every aspect of understanding about practice of homoeopathy follows the fundamental law of similia. It is within the law an individual has to be observed as most similar with the desired medicine. In its drug-proving, its study of the Materia Medica compiled from those proving; its examination of the patient and study of the case; its selection of the remedy and its conduct of whatever auxiliary treatment is required, it always seeks to individualize.

Homeopathy recognizes the individuality of each drug and substance in nature. Its method of testing or 'proving' drugs upon the healthy human beings is designed and used for the purpose of bringing out the individuality of each drug so that its full power and relations are established. Similarly during the process of case taking search is for the unique features within an individual to reflect the individuality. As no two human beings are alike it is most natural to see every individual in their most distinct way at every level of life. As we all have an individuality in health, we also have an individuality in disease. The signs and symptoms of a disease are nothing but the reaction of a person to the disease causing morbid agent or stimulus. Every person reacts to any external agent according to his/her individuality and so a person's individuality is reflected in his/her disease too.

In Organon of Medicine, in aphorism 118 of Organon of Medicine it is observed as “Each medicine exhibits peculiar action on the human frame which are not produced in exactly the same manner by other medicinal substances of a different kind.” And again in the footnote to the aphorism 119, Dr. Hahnemann writes: “Anyone who has a thorough knowledge of, and can appreciate the remarkable difference of, effects on the health of man of every single substance from that of every other, will readily perceive that among them there can be no equivalent remedies, no surrogates.” It means there are no substitutes in the selection of a remedy. Either a medicine is indicated in a case or it is not. Symptomatic comparisons between similar drugs are carried out to find their individuality.

Bio- Similar Concepts

Biosimilar which is also known as follow-on biologic or subsequent entry biologic is a biologic medical product that is almost an identical copy of an original product. Bio-similar are officially approved versions of original “innovator” products and can be manufactured. Although it is in reference to the similarity of medicinal products with the original generic medicines it becomes the most relevant study to bring our attention towards the Law of Individuality and Law of Similia in Homoeopathy.

As in generic drugs of the more common small-molecule type, biologics generally exhibit high molecular complexity and may be quite sensitive to changes in manufacturing processes. Despite that heterogeneity, all biopharmaceuticals, including bio-similar, must maintain consistent quality and clinical performance throughout their lifecycle.

It has been observed in analytical studies that the biological product is highly similar to the reference product, despite minor differences in clinically inactive components, animal studies, including the assessment of toxicity, and a clinical study or studies. It is also in the assessment of immunogenicity and pharmacokinetics or pharmacodynamics². They are sufficient to demonstrate safety, purity, and potency in one or more appropriate conditions of use for which the reference product is licensed and is intended

to be used and for which license is sought for the biological product. The World Health Organization (WHO) published its “Guidelines for the evaluation of similar bio therapeutic products (SBPs)” in 2009. The purpose of this guideline is to provide an international norm for evaluating bio-similar.

Bio- Similar And Law of Similia

Biologic products are an important treatment option for a wide array of conditions and diseases², either to supplement small-molecule drugs or as stand-alone medications. The concept of developing biologic products that are “biosimilar” (highly similar) to the approved biologic products has aroused great interest worldwide, across government bodies as well as in scientific and medical communities². Bio-similars may offer increased treatment options for patients and physicians, and may optimize efficiencies across healthcare systems. Therefore, bio-similars have the potential to provide lower cost alternatives and offer greater access to biologics, and thereby allow increased use of biologic therapies².

In broad terms, a bio-similar is highly similar to a reference product in terms of structure and function. The development of bio-similars is associated with numerous challenges, including the proprietary nature of the production processes of the reference product and the complexity of biological molecules².

Demonstrating bio-similarity requires rigorous evaluation of the proposed bio-similar including side-by-side comparison with the reference product. During the development of the reference product, the developer must conduct extensive preclinical studies and large clinical trials in all indications for which approval will be sought. However, for a biosimilar developer, the comparative analytical characterization and the demonstrated similarity between a proposed biosimilar and the reference product reduces the requirement for large clinical trials in all the indications approved for the reference product³.

Hahnemann’s Concepts on Discovery of Similar Medicine¹

In Organon of Medicine § 20 Fifth edition it is mentioned that “This spirit-like power to alter

man's state of health (and hence to cure diseases) which lies hidden in the inner nature of medicines can never be discovered by us by a mere effort of reason; it is only by experience of the phenomena it displays when acting on the state of health of man that we can become clearly cognizant of it. Further in § 25 "Now, however, in all careful trials, pure experience, the sole and infallible oracle of the healing art, teaches us that actually that medicine which, in its action on the healthy human body, has demonstrated its power of producing the greatest number of symptoms similar to those observable in the case of disease under treatment, does also, in doses of suitable potency and attenuation, rapidly, radically and permanently remove the totality of the symptoms of this morbid state, that is to say (§ 6 - 16), the whole disease present, and change it into health; and that all medicines cure, without exception, those diseases whose symptoms most nearly resemble their own, and leave none of them uncured.

The human body appears to admit of being much more powerfully affected in its health by medicines (partly because we have the regulation of the dose in our own power) than by natural morbid stimuli - for natural diseases are cured and overcome by suitable medicines. The human body appears to admit of being much more powerfully affected in its health by medicines (partly because we have the regulation of the dose in our own power) than by natural morbid stimuli - for natural diseases are cured and overcome by suitable medicines.

It is a natural phenomenon that Nature herself permits, as has been observed, the simultaneous occurrence of two (indeed, of three) natural diseases in one and the same body. This complication, happens only in the case of two dissimilar disease, which according to the eternal laws of nature do not remove, do not annihilate and cannot cure one another, but, as it seems, both (or all three) remain, as it were, separate in the organism, and each takes possession of the parts and systems peculiarly appropriate to it, which, on account of the want of resemblance of these maladies to each other, can very well happen without disparagement to the unity of life.

This therapeutic law of nature is rendered obvious to all and they are amply sufficient for

our understanding. In spite of nature's cure it is not always possible to have the same things being repeated again. Under such circumstances search for most similar medicinal substances are quite necessary to have therapeutic applicability of the law of similia.

In them he has producers of disease of all possible varieties of action, for all the innumerable, for all conceivable and inconceivable natural diseases, to which they can render homoeopathic aid - morbid agents (medicinal substances), whose power, when their remedial employment is completed, being overcome by the vital force, disappears spontaneously without requiring a second course of treatment for its extirpation, like the itch - artificial morbid agents, which the physician can attenuate, subdivide and potentize almost to an infinite extent, and the dose of which he can diminish to such a degree that they shall remain only slightly stronger than the similar natural disease they are employed to cure; so that in this incomparable method of cure, there is no necessity for any violent attack upon the organism for the eradication of even an inveterate disease of old standing; the cure by this method takes place by only a gentle, imperceptible and yet often rapid transition from the tormenting natural disease to the desired state of permanent health.

In synthesis, the homeopathic simile can be re-evaluated as a heuristic (finding) principle, a principle of biological and clinical research which assists in finding therapeutic strategies: in classic homeopathy, the 'similars' are those compounds which generate symptoms akin to those of the disease in all of its pathological, psychological and physiological complexity. The administration of the remedy to a sick organism would restore synchronism and cooperativity in cell enzymes, metabolic cycles, molecular feed-back loops, bioelectric potentials, with the consequence of higher cooperativity and more efficient energy handling.

Similar and Bio-Similar

The two approaches to system regulation—scientific/reductionist and homeopathic/holistic—are not conflicting, but use different approaches: mainstream pharmacology applies a 'structural' analogy, which is identified as the molecule

binding to specific receptors or enzymes of the target system (if known). Classic homeopathy applies a 'functional' analogue, which is identified as the diluted compound that is able to regulate and/or to trigger homodynamic systems⁴. This kind of functional analogy, based on the similarity of symptoms, can be exploited even if the details of the receptors or the effector enzymes are unknown within the complex homodynamic networks.

Mainstream pharmacology is much more precise when the exact mechanism of the disease is known, and specific drugs can therefore be administered. Homeopathy could be more effective when considering the complexity of the disease and subtle regulations. The homeopathic approach may be useful specifically because it does not focus on the cause of the disease, but on the teleology of the patient's reaction. It is therefore not to be considered an alternative approach, but complementary to effective drug use⁴.

CONCLUSION

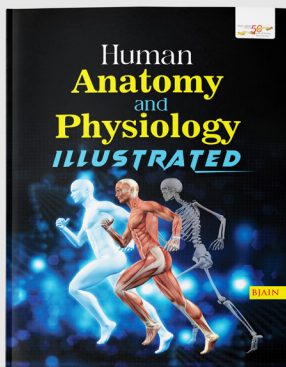
Despite many challenges, the development of bio-similar continues in earnest. Bio-similarity must be established based on the totality of evidence, from structural and functional assessment through nonclinical and clinical studies, adopting a tailored approach throughout development. It is clear that we must think differently when developing bio-similar, especially when defining CQAs and setting endpoints for nonclinical

and clinical studies. The arrival of bio-similar challenges the healthcare community to learn and understand the scientific basis of similarity to the reference product using a stepwise approach. An increased awareness is needed to understand that clinical studies are a blunt instrument in the development of bio-similar, and that analytical evaluation is a far more sensitive tool in assessing similarity. The foundation of homeopathic medicine is the 'Similia Principle', also known as the 'Principle of Similarity' or also as the 'Simile', which reflects the inversion of pharmacological effects in healthy subjects as compared with sick ones.

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Prof. (Dr.) Mahendra Singh The Organon Maestro

Dr. Subhas Singh, Dr. Vignesh S, Dr. Dinesh Sura, Dr. Niharika Shaw

¹Director, National Institute of Homoeopathy

²PGT, National Institute of Homoeopathy

³PGT, National Institute of Homoeopathy

⁴PGT, National Institute of Homoeopathy

Dr. Mahendra Singh was a towering figure of late 20th-century Homoeopathy in India. He was a master of Hahnemann's Organon and he made the subject easy for homoeopathic students in India and abroad through his teachings and writings. He was known as *'The Resource person'* amongst Homoeopathic world for his wide knowledge and interest on Homoeopathic subjects. He was a polyglot who could read, write and speak Hindi, Bangla, English, German, Maithili, Bhojpuri, Urdu and Oriya. He was a strong personality, a great teacher, clinician, orator, poet, writer and administrator. Dr. B.K. Sarkar used to call him *'Parshuram of Homoeopathy'* as he lived a simple life like a saint but he also fought for Homoeopathy like a warrior when required with his knowledge like Parshuram. It is difficult to compile all his life, works and contributions in few pages due to his versatile nature and involvement in various fields of Homoeopathy.

EARLY LIFE

He was born on 1st March 1939 at Ratanpur Abhiman in Darbhanga district of Bihar. He was the eldest son of Sri Suraj Singh and Smt Anar Devi. He came from a very poor family. His father, Sri Suraj Singh came to Calcutta after getting a job of police constable in Calcutta Police for better livelihood.

Till 4 years of age Dr. Mahendra Singh was studying in village Pathasala. He first came to Calcutta for treatment of an ailment which no doctor could

understand in his village. Ailment was an excuse; it was his call of destiny to Calcutta. He came and he settled here. He continued his studies initially from Arya Balak Vidyalaya at Padampur and then shifted to Vishnudhanand Saraswati Vidyalaya. He completed his matriculation in 1954. Fond of poetry and dilettante of writing he wrote many poems in Bhojpuri, Hindi, and Maithili during his school life only. Some were published in journals, some were sung at theatres and some were sung by Bihari folk artists on Radio stations. After finishing schooling, for further studies he joined the famous Bangabasi College with the dream of becoming a pilot.

HOMOEOPATHIC EDUCATION

In 1955 his college was closed for many years due to some political agitation. Uncertain of his fate and future he joined the oldest homoeopathic medical college, The Calcutta Homoeopathic Medical College and Hospital (CHMCH) on his brother-in-law's advice. Initially he had no interest in the course but gradually he started admiring the homoeopathic principles under the pervading influence of great teachers in the college. In 1960 he successfully passed the D.M.S exam and secured second position in the final D.M.S exam. He passed his M.B.S. examination conducted by the Council of Homoeopathic Medicine, West Bengal in 1972. He was a direct student of Homoeopathic stalwarts of Bengal like Dr. B.K. Bose, Dr. B.N. Chakravorty, Dr. P. Saha and Dr. G.N. Sinha, etc.

He had immense interest in Organon of Medicine and so in 2004 at 64 years of age he completed his degree of M.D. (Hom.) in Organon & Homeopathic Philosophy subject from D.K.M.M. Homeopathic Medical College and Hospital from Aurangabad under B.A. Marathwada University.

HOMOEOPATHY PROFESSION AND LATER LIFE

At 19 years of age, on 29th May 1958 he married Smt. Brij Naina. They had one son Dr. Subhas Singh and one daughter Alka Singh. After passing the D.M.S exam he served as Junior and then Senior Resident House Surgeon and House Physician at CHMCH from 1960-1962. From 1962 to 1963 he worked as a Resident Medical Officer (R.M.O) at Pratap Chandra Memorial Medical College & Hospital (PCMMCH). He learned a lot in PCMMCH about independently running a hospital under the guidance of Dr. Atul Chandra Majumdar and Dr. Bijoy Kumar Das. Dr. Atul Chandra Majumdar was the youngest grandson of the famous Dr. J.N. Majumdar.

His teaching profession started accidentally in 1963 when he started teaching at three different colleges simultaneously for better livelihood. He was teaching Organon and Anatomy at Bengal Allen Homeopathy Medical College; demonstrating surgical instruments, bandages, minor surgical procedures, labour processes, etc. at PCMMCH and teaching Pharmacy and Organon at CHMCH. After serving at CHMCH as Lecturer for a long time Dr. Singh was appointed the Head of the Department of Organon & Homeopathic Philosophy in 1977. With his hard work and dedication, he soon earned the title of the Superintendent of the same institution. He retired from the service in 1999 but he got another 5 years of additional tenure up to 2004. He was also a Guest Faculty at different times to National Institute of Homeopathy (NIH), P.C.M. Homeopathy Medical College, D.N. De Homeopathic Medical College and N.K.B.M. Homeopathy Medical College.

CONTRIBUTION TO THE DEVELOPMENT OF HOMOEOPATHY

Dr. Mahendra Singh had a strong love for Organon. He was a part of a Committee formed by CCH to

revise and streamline B.H.M.S. curriculum. The committee decided to drop the Organon subject from the final year syllabus. But he convinced officials tactfully and made the subject to be included in the syllabus until final year. He was instrumental in preparing and introducing the M.D. (Hom.) course and curriculum in subjects of Practice of Medicine, Paediatrics, Psychiatry and Homeopathic Pharmacy. He contested and won the election for becoming a member of CCH held in 1990 and 1998. He also became the elected Chairman of the Education Committee which he served till the last day of his life.

Dr. Mahendra Singh conducted numerous continued medical education (CME) throughout all districts of West Bengal for experienced-based practising homeopaths when the Homeopathic Council planned to conduct an exam for Part-B registration doctors. He also served as a Teacher in-Charge of the CME program organized by the Bengal Medical Union. Dr. Singh became the National President of the Homeopathic Medical Association of India (HMAI), in 2003. He also served as Secretary General of Indian Homeopathic Teachers Association and took great efforts to improve the salary and status of homeopathic teachers. He was visiting teacher of various homeopathic institutions of Winnipeg, Manitoba, Canada, Germany and Switzerland. All these works earned him the title of '*Teacher of the Teachers*' in the Homeopathic fraternity.

For almost 50 years he attended Cheap Pay Clinics in most remote rural areas West Bengal, Odisha and Bihar to make the best homeopathic treatment available to the poor patients at the cheapest price. Similarly, he used to organize clinics regularly at his clinic cum residence and used to devote his whole day for free treatment of the patients. He was referred to as the '*Messiah of the poor*' by his patients.

He have also done proving of various Indian drugs such as *Phyllanthus niruri* (Bhui amla), *Cypresus rotundus* (Mutha), *Leucas aspera* (Goma), *Mimosa pudica* (Lajjawati), and toxin of *Plotossus amangularis* (Kan-magur fish).

LITERATURE CONTRIBUTION

Dr. Mahendra Singh learnt German language, managed to possess all the editions of Organon

in the original, old dictionary and corrected all the mistakes of Dudgeon, Boericke and other translators. He published a new and corrected translation of the 5th and 6th edition of Organon. This work created a great hubbub in the world of Homoeopathy but he became immortal with this work. He also published the 1st complete English translation version of 1st edition of Organon of Medicine exactly after 200 years of its original publication. He even corrected errors of all standard books on Materia Medica, Pharmacy and Pharmacopias of different countries which was serially published in *The Hahnemannian Gleanings*. All these actions show his determination to improve Homoeopathic literature for its best utilisation by upcoming homoeopathic generations.

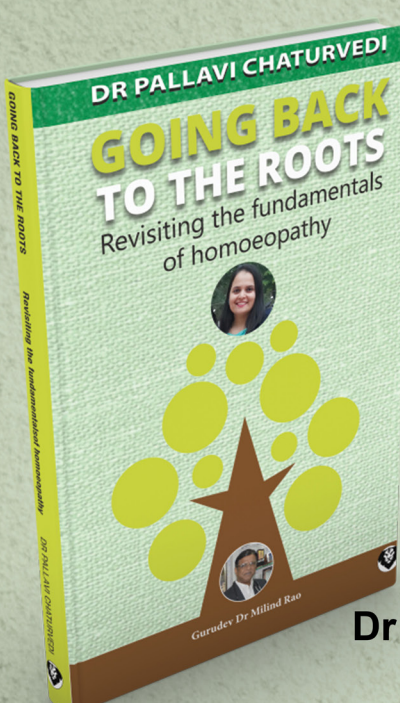
He translated Rudolf Tischner's *Geschichte der Homoeopathie* (History of Homoeopathy, Vol. I) from German to English and edited Ameke's *History of Homoeopathy*. He published Organon and Materia Medica in the Bangla language. His writings on Homoeopathic Philosophy are

serialized into 13 volumes. He published the life and history of various Homoeopathic stalwarts in his work "*The Pioneers of Homoeopathy* " to motivate beginners in Homoeopathy.

He served as Editor of the Bengali Homoeopathy journal *Homoeo-Darpan* from 1967 to 1976 and chief editor of *Homoeopathic Light Journal* published in English from 1967 to 1968.

CONCLUSION

Dr. Mahendra Singh is one of the few stalwarts who was revered as a teacher, loved as a person and followed as a leader by everyone. His life portrays that with internal strength and determination one can fulfil one's dream. He came from a background of poor family from Bihar and not only earned money but also earned a name for himself which is still remembered and will be remembered in future for his selfless service to Homoeopathy. Homoeopathic world lost him on 15th October 2012, at 74 years of age.



DR PALLAVI CHATURVEDI

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An Overview of Some Rare Homoeopathic Medicines of Calcarea Group And Their Indications in Boericke Repertory

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Keywords

Calcarea group, Rare Medicines, Homoeopathic Materia Medica, Boericke Repertory.

Abstract

The homoeopathic materia medica includes a significant section on the Calcarea group remedies. This group have more than thirty-five medicines listed in our materia medica, some of which have partially proved and others of which have fully proved. Although we are aware that this group has a large number of remedies, we can also prescribe certain rare medicines if we are familiar with their indications. Thus, this article discusses the symptoms of a few rare medicines belonging to the Calcarea group.

Introduction

One of the most important earth alkali is **Calcium**, represented by the symbol “Ca” and is found in the periodic table in group IIA. It’s atomic weight is 40.07 and atomic number is 20. The word “**calx**”, which means lime, is the source of calcium. Calcium is one of the main mineral components in the body and was used by the earliest living forms to provide protection in the form of an exoskeleton, shell, etc. Calcium primarily affects the bones in humans, which give us stability and protect vital organs like the brain, heart, lungs, and spinal cord. Calcium in the blood and the skeleton exhibit a state of dynamic equilibrium ^[1].

Rare medicines are very successful when used in rare circumstances. In homeopathic practice, there are circumstances in which prescribing be-

comes challenging because there is not enough information available to prescribe a polychrest remedy ^[2]. Rare medicines are very effective in these situations and frequently play a helpful role. Although the indications for their usage are provided in many materia medica, they are considered unusual because most physicians do not know about them or prescribe them ^[3].

List of Some Rare Remedies of Calcarea Group with their indications:

Calcarea acetica

Clinical Uses ✿ Itching of anus, Bronchitis membranosa, Pain of cancer, Dysmenorrhœa membranosa, Headache, Vertigo ^[4].

Possesses excellent clinical outcomes when it comes to mucous membrane inflammation, which is characterized by a membrane exudation. Cancer pains. Vertigo in open air. Rattling expiration. Cough loose, with expectoration of huge fragments like casts of bronchial tubes. Breathing difficult; better bending shoulders backward. Constrictive nervous sensation in chest. Membranous dysmenorrhea ^[5].

Rubrics from Boericke repertory, containing medicine *Calcarea acetica* ^[6]:

HEAD - Headache - Type - Migraine, megrim, nervous

HEAD - Headache - Concomitants - Coldness - in head

HEAD - Headache - Concomitants - Flatulence

HEAD - Headache - Concomitants - Tongue

coated, fetor oris, etc

HEAD - Headache - Concomitants – Vomiting

VERTIGO - Cause and type - Open air

EARS - Deafness, hardness of hearing - Cause - Catarrh in eustachian, middle ear

EARS - Eustachian tubes - Catarrh or closure

ABDOMEN - Cholera - infantum - summer complaint

ABDOMEN - Diarrhea, enteritis - Acute

ABDOMEN - Diarrhea, enteritis - Cause, occurrence - In infants, children

ABDOMEN - Diarrhea, enteritis - Cause, occurrence - Infants, children - dentition

ABDOMEN - Diarrhea, enteritis - Type of stool - Frequent

ABDOMEN - Diarrhea, enteritis - Type of stool - Green

ABDOMEN - Diarrhea, enteritis - Type of stool - Mucus, slimy

ABDOMEN - Diarrhea, enteritis - Type of stool – Profuse

ABDOMEN - Diarrhea, enteritis - Type of stool – Sour

ABDOMEN - Diarrhea, enteritis - Type of stool- Watery- thin

ABDOMEN - Diarrhea, enteritis - after stool - Prolapsus ani

MALE SEXUAL SYSTEM - Syphilides - Tertiary stage

FEMALE SEXUAL SYSTEM - Dysmenorrhea - Type – Membranous

RESPIRATORY SYSTEM - Bronchitis – Fibrinous

RESPIRATORY SYSTEM - Cough - Type - Loose, rattling, gagging, choking, strangling

RESPIRATORY SYSTEM - Expectoration – Casts

RESPIRATORY SYSTEM - Respiration - Rattling

SKIN - Herpes - Circinatus – tonsurans

SKIN - Ulcers – Scrofulous

GENERALITIES - Cancer - To relieve pains

GENERALITIES – Rachitis

GENERALITIES - Scrofulosis

Calcarea bromatum

Clinical uses © Congestion of brain, Fretfulness, Irritability, Sleeplessness ^[4] .

Calcarea bromatum is an unproved remedy, but both bromine and calcarea are beneficial for youngsters with fair hair and obesity, their combination seems to amplify their effects. 'Hale' suggests this unproven remedy calc. bro. for a range of problems in youngsters. Ideal for kids with lax fiber, lymphatic system, anxiety, and irritability. In these kids, gastrointestinal, cerebral, and stomach discomfort vomiting, diarrhea, insomnia, anxiety, and a propensity for brain damage ^[4] .

Rubrics from Boericke repertory, containing medicine Calcarea bromatum ^[6] :

MIND - Mood, disposition - Fretful - cross, irritable, peevish, quarrelsome, whining

MIND - Mood, disposition - Nervous, excited, fidgety, worried

HEAD - Brain - Inflammation - cerebral, acute and chronic

EARS - Deafness, hardness of hearing - Cause - Catarrh in eustachian, middle ear

EARS - Eustachian tubes - Catarrh or closure

MALE SEXUAL SYSTEM - Syphilides - Tertiary stage

SKIN - Ulcers – Scrofulous

NERVOUS SYSTEM - Insomnia - causes - Hyperacute senses

NERVOUS SYSTEM - Insomnia - causes - In children

GENERALITIES - Scrofulosis

Calcarea chlorinata

Clinical uses ✪ Boils, Carbuncles ^[4] .

It has only been applied locally, primarily for boils and carbuncles ^[4] .

Rubrics from Boericke repertory, containing medicine Calcarea chlorinata ^[6] :

THROAT - Diphtheria - Remedies in general
 STOMACH - Indigestion dyspepsia - Remedies in general
 STOMACH - Inflammation - Chronic
 ABDOMEN - Constipation - Cause and type - Alternating, with diarrhea
 RESPIRATORY SYSTEM – Tuberculosis
 SKIN - Anthrax, carbuncle, malignant pustule
 GENERALITIES - Glands - Induration
 GENERALITIES - Glands – Cervical
 GENERALITIES - Marasmus - Atrophy - mesenteric glands
Calcareo Caustica
Clinical uses ✱ Backache, Coccygodynia, Corns, pains in heels, Hoarseness, affection of jaw, Pain in Malar bones, Neuralgia, Paralysis, Rheumatism, Spleen affections, Stiff-neck, Tapeworm, Toothache ^[4] .
 Burning sensation, mucus in the throat, and a feeling like a bone sticking . Stomach burning, Tapeworm. Hoarseness, with pain in throat; rawness in trachea and cough. Stitches in chest. Stiffness and tearing in the coccyx and throughout the back. Tearing in the arms and shoulders. Tearing in the left tendo Achillis; left heel ^[4] .
 Rubrics from Boericke repertory, containing medicine Calcareo caustica ^[6] :

EARS - Deafness, hardness of hearing - Cause - Catarrh in eustachian, middle ear
 EARS - Eustachian tubes - Catarrh or closure
 FACE - Jaws - Pain
 FACE - Prosopalgia, pain - Location - Jaw – upper
 FACE - Prosopalgia, pain - Location - Malar bones
 MALE SEXUAL SYSTEM - Syphilides - Tertiary stage
 LOCOMOTOR SYSTEM - Coccyx – Pain
 LOCOMOTOR SYSTEM - Feet - Pain - In general
 LOCOMOTOR SYSTEM - Feet - Pain - Tendo-Achillis, pain

LOCOMOTOR SYSTEM - Nape of Neck – Stiffness
 LOCOMOTOR SYSTEM - Articular, chronic
 RESPIRATORY SYSTEM - Voice - Hoarseness – aphonia
 SKIN - Ulcers - Scrofulous
 NERVOUS SYSTEM - Paralysis - Remedies in general
 GENERALITIES - Scrofulosis
Calcareo hypophosphorosa
Clinical ✱ Angina pectoris, Affections of arteries, Asthma, Congestion, Headache, Paralysis, Sweating ^[4] .
 Dull, intense pressure between the frontal and occipital bones along the entire top of the head; discomfort usually got worse as depression increased. Extreme fullness and oppression around the head and thorax, with the veins in the upper limbs and upper body standing out. Dyspnea; need air to breathe, profuse perspiration everywhere. Complete lack of muscular power with loss of desire to move. Pallor of skin ^[4] .
Rubrics from Boericke repertory, containing medicine Calcareo hypophosphorosa ^[6] :
 EYES - Conjunctiva - Inflammation – gonorrhoeal
 EYES - Conjunctiva - Inflammation - purulent
 EYES - Cornea - Foreign bodies
 EYES - Cornea - Inflammation - parenchymatous, syphilitic origin
 EYES - Cornea - Opacities
 EYES - Cornea - Ulcers
 EARS - Deafness, hardness of hearing - Cause - Catarrh in eustachian, middle ear
 EARS - Eustachian tubes - Catarrh or closure
 STOMACH - Symptoms and conditions - Pain - several hours after eating
 URINARY SYSTEM - Tuberculosis
 MALE SEXUAL SYSTEM - Syphilides - Tertiary stage
 CIRCULATORY SYSTEM - Veins - Engorged - distended

LOCOMOTOR SYSTEM - Extremities - Coldness

RESPIRATORY SYSTEM – Tuberculosis

SKIN - Furuncle

SKIN - Ulcers - Scrofulous

NERVOUS SYSTEM - Adynamia - General weakness, debility

GENERALITIES - Abscess - Acute

GENERALITIES - Abscess - About - bones

GENERALITIES - Abscess - About – joints

GENERALITIES - Bones – Necrosis

GENERALITIES - Marasmus - Atrophy - mesenteric glands

GENERALITIES - Rachitis

GENERALITIES - Scrofulosis

Calcarea lactica:

Clinical uses ✨ Chilblains, Headache, Migraine, Rhinitis, Sprue ^[4].

Migraine accompanied by oedema, vertigo, and visual problems. Before the left eye, there were zigzags and balls of light sensation. Dizziness and a strong headache in the right temple followed after. Vasomotor Rhinitis. Oedema of eyelids, upper lip and hand. Abdominal Sprue ^[4].

Rubrics from Boericke repertory, containing medicine Calcarea lactica ^[6]:

EARS - Deafness, hardness of hearing - Cause - Catarrh in eustachian, middle ear

EARS - Eustachian tubes - Catarrh or closure

MALE SEXUAL SYSTEM - Syphilides - Tertiary stage

SKIN - Ulcers - Scrofulous

GENERALITIES - Anaemia, chlorosis

GENERALITIES - Hemophilia small wounds, bleed profusely, or protractedly

GENERALITIES - Scrofulosis

Calcarea oxalica

Clinical uses ✨ Cancer ^[4].

Calcarea oxalica has been found useful in allaying

the pains of cancer ^[4].

Rubrics from Boericke repertory, containing medicine Calcarea oxalica ^[6]:

EARS - Deafness, hardness of hearing - Cause - Catarrh in eustachian, middle ear

EARS - Eustachian tubes - Catarrh or closure

MALE SEXUAL SYSTEM - Syphilides - Tertiary stage

FEMALE SEXUAL SYSTEM - Mammae - Nipples - Cracks, fissures, ulcerations

SKIN - Ulcers - Scrofulous

GENERALITIES - Cancer - Remedies in general

GENERALITIES - Cancer - To relieve pain

GENERALITIES - Scrofulosis

Calcarea silicata

Clinical uses ✨ Atrophy, Corneal ulcer, Scrofula, Ulcers ^[4].

Beneficial in cases of atrophy of children. Beneficial when silica has not been successful in treating corneal diseases. It results in the absorption of corneal exudates. Punched-out edges of ulcers are indicative of it ^[4,5].

Rubrics from Boericke repertory, containing medicine Calcarea silicate ^[6]:

MIND - Mood, disposition - Bashful, timid

MIND - Mood, disposition - Despairing, hopeless, discouraged easily, lack of confidence

MIND - Mood, disposition - Indecisive, irresolute

HEAD - Sensations - Coldness

EYES - Cornea – Ulcers

EARS - Deafness, hardness of hearing - Cause - Catarrh in eustachian, middle ear

EARS - Eustachian tubes - Catarrh or closure

NOSE - Type of discharge in rhinitis - Scabs, crusts, plugs

NOSE - Posterior nares - Inflammation of - Chronic - with dropping of mucus

NOSE - Posterior nares - Thick, tenacious, yellow, or white mucus

STOMACH - Sensation – Coldness

MALE SEXUAL SYSTEM - Syphilides - Tertiary stage

FEMALE SEXUAL SYSTEM - Uterus - Displacements – Prolapsus

RESPIRATORY SYSTEM - Bronchitis – Chronic

RESPIRATORY SYSTEM - Bronchitis - Sensitiveness, to cold air

RESPIRATORY SYSTEM - Chest - Sensitiveness, tenderness, rawness of chest

RESPIRATORY SYSTEM - Cough - Aggravation - Cold air

RESPIRATORY SYSTEM - Expectoration – Profuse

RESPIRATORY SYSTEM - Expectoration - Purulent, muco-purulent

SKIN - Acne – Simplex

SKIN – Comedo

SKIN - Sebaceous cysts

SKIN - Ulcers

SKIN - Ulcers - Scrofulous

FEVER - Chilliness, coldness

FEVER - Chilliness, coldness - With - deficient, animal heat

NERVOUS SYSTEM - Nervousness - Hypersensitiveness

NERVOUS SYSTEM - Nervousness - Hypersensitiveness - to cold air, drafts

GENERALITIES - Bones - Necrosis

GENERALITIES - Complaints - Appear - gradually

GENERALITIES - Complaints - From living in cool, damp places

GENERALITIES - Marasmus

GENERALITIES - Marasmus - Atrophy - children

GENERALITIES - Rachitis

GENERALITIES – Scrofulosis

Uses of Rare Medicines

Useful in one-sided diseases.

Used as an organ remedy.

Used as pathological remedies.

Used as a rescue remedy.

In palliative cases.

As an Intercurrent remedy.

For increasing knowledge.

Opens a new path for research studies.

Why we are aloof from rare medicines

Because of their rare indication.

Large no. of medicines in Materia Medica.

Difficult to remember.

Less availability in the Market.

Not every Potency is available for Prescription.

Our dependency upon Polychrest.

Insufficient amount of research work.

CONCLUSION

Rare homoeopathic medicines mainly used in those conditions where the complete totality of the patient is not available i.e. where there is 'paucity of symptoms'. In cases where acute exacerbation of chronic disease occurs or when there is a need of palliation, these medicines are very effective. Clinical verification studies on Rare Homoeopathic Medicines on clinical effectiveness of the same in our fraternity.

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Calcareo group in Veterinary Homoeopathy: A Good Companion for Animals

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Keywords

Calcareo group, Sick Animal, Veterinary Homoeopathy

Abstract

Homoeopathic system of medicine plays a good healer for animals since its early evolutionary time. Cases from Dr. Boenninghausen in animal suffering encourage and guide homoeopaths to open a new path to use this healing science in diseases of animals. Veterinary Homoeopathy carries its popularity due to unique case perceiving patterns as well as prescribing. Successful prescriptions followed by miraculous results attract Homoeopath to practice Veterinary Homoeopathy. Calcareo group of remedies proves their effectiveness in Suffering of Humans from simple coryza to cancer when prescribed based on laws of Homoeopathic System. So, let us explore role of this group in case of veterinary Homoeopathy which help us to understand its companionship to animals.

Introduction

Homoeopathy system of medicine treats patient according to understanding of his/her unique features in health and disease conditions, similarly veterinary Homoeopathy treats animal based on characteristics symptoms obtaining after careful observations and application of knowledge regarding Animal Health and Disease states.

Veterinary Homoeopathy includes successful management of diseases in animal like various

infections, broken leg, injuries, infestations, deficiencies etc. Some physicians around the world practice this branch of Homoeopathy with successful results while other group of physicians are not even aware about the application of Homoeopathic Medicines on animals.

In order to understand the role of Calcareo group in veterinary Homoeopathy, one must understand some concepts or features of this branch of Homoeopathy that help us to get some insights regarding practices of Veterinary Homoeopathy.

Veterinary Homoeopathy

Veterinary Homoeopathy requires extensive knowledge regarding the health and sickness status of various animals. As observations become an important part in management, one should be able to understand various pathological signs as well as movements (gestures of animals) to understand the sickness for managing cases.

Dr. Harndall describes various advantages and disadvantages regarding practice of Veterinary Homoeopathy. Important guidelines from an article by Dr. J. Sutcliffe Harndall were following in reference to prescribing a medicine for animal, *“The special attenuation of a given drug can only be determined after a fairly extensive practical experience, both as regards the nature and character of the drug to be used, the class of animal to be treated, and the stage of the disease of which it is the subject”*. Expansion of Veterinary Homoeopathy depends upon the level of acceptance for this method of treatment among various cattle Owners And Veterinary Surgeons.⁽¹⁾

Calcareo Group In Veterinary Homoeopathy

Calcarea Group due to its special affinity for bones and muscles, widely prescribed for the diseases of animals having bony or muscular tissues. Calcarea medicines in the form of various Homoeopathic complexes and combinations are used for managing diseases of animals.

Dr. Christopher Day contributed a lot in this field of veterinary Homoeopathy with his own clinical

experience in managing diseases of animals.

He described the role of Calcarea group of medicines in veterinary Homoeopathy as their role as constitutional remedies and therapeutic agents. Symptomatology and case history of successful management gives important guidelines for application of remedies.⁽²⁾

Remedies	Characteristic Constitutional features	Therapeutic utility of remedies in diseases of animals
Calcarea carb	<p>Recumbency due to disease. large-bodied and heavy in the limbs and face. The feet are large, as are the lower joints of the legs. The cow is a very peaceful type. She moves steadily, almost lazily and is not easily startled. She is quiet to handle, neither coming to you nor trying to evade you. She has a large appetite and is quite greedy. She is effortlessly dominant. She almost invariably carries a lot of body condition, despite being a very heavy milker.</p> <p>She tends to suffer mucoïd symptoms, arthritis problems and occasionally mastitis too. She is susceptible to chilling and readily forms pus or milky discharges. Diarrhoea is usually greenish. Arthritis gives rise to rickets-type signs. Calc. carb. cows are prone to hock damage in cubicles and cowsheds.</p>	Impotence and male sterility, Papillomatosis (warts), Milk Scour
Calcarea Phos	A common constitutional type of dairy cow showing light bone structure and small frame. Body condition is usually average to poor, and the temperament is difficult, responding badly to constraint or examination. Appetite is very strong, and aggression in the herd is a feature. When you find a painful spot on a Calc. phos. cow beware! Calves are susceptible to digestive problems such as colic, coccidiosis and respiratory problems. Illnesses can be quite sudden and are often brought on by cold, damp conditions. Profuse nasal discharges are common in illness and the type is prone to joint problems. Cows are prone to digestive problems such as rumen atony, diarrhea or constipation and can produce profuse quantities of loose dung when anxious. This is often liberally distributed amongst bystanders.	Hypocalcaemia (Milk fever), Poor quality milk
Calcarea Flour	This mineral is integrally associated with bones, and the disorders which respond to it are brittleness of the bones or bony swellings and deformities. Synovitis is also a feature. Induration of the glands of the neck, udder, etc., can also respond well to Calc. flour. Such swellings are very hard. Faults in bone growth and metabolism are good indications for its use. Adhesions from peritonitis can respond. Symptoms are better for warmth.	Actinobacillosis or wooden tongue, Actinomycosis or Lumpy Jaw, Arthritis, Interdigital Hyperplasia, Mastitis, orchitis, Peritonitis
Calcarea Sulph	This remedy suits chronic suppurative processes. Wounds are slow to heal and discharge much pus. Sinus and fistula formation is common. Discharges are yellowy, whether mucoïd from mucous membranes or purulent from lesions. For Calc. sulph. to be effective, use it in cases of septic lesions when pus has found an outlet, and the lesion is chronic.	Actinomycosis or Lumpy Jaw, Fistula/Sinus

In the last five years, following research studies in animal diseases with remedies of calcarea group shows its range of curative action from dermatitis to carcinoma.

Study Design	Diagnosis of Disease	Mode of Administration	Conclusion
Case Report	Transitional cell carcinoma (urinary Bladder) in Dog	Calcarea carbonica 30 cc strength once in a week was given for four weeks and piroxicam @ 0.3mg/kg orally once in a day for one week	As compared to conventional allopathic treatment, homeopathic treatment of TCC with Calcarea carbonica was relatively cheaper, had no side effects and results in drastic improvement in clinical condition of the animal and hence extending the quality life.
Case series (4)	Pododermatitis in Magellanic Penguins	Combination of arnica Montana and Calcarea carb	After treatment, the appearance of the lesions had noticeably improved: in the majority of penguins there was no longer evidence of infection or oedema in the feet. The rate of recovery depended on the initial severity of the lesion. Those penguins that still showed signs of infection nevertheless exhibited a clear diminution of the size and thickness of the lesions. Homeopathic treatment did not cause any side effects. Homeopathy offers a useful treatment option for pododermatitis in captive penguins, with easy administration and without side effects.
Randomized Controlled trial (5)	-	The homeopathic product ORGAI-MUNI® (Orga Pet Orgânica Homeopatia Veterinária, Chapecó, Santa Catarina, Brazil) was formulated. based on Echinacea angustifolia 6 CH, Aconitum napellus 30 CH, Veratrum album 30 CH, Pyrogenium 200 CH, Calcarea carbonica 30CH and Ignatia amara 30 CH. The homeopathic mixture was administered. by mixing with it with the dogs' feed that was offered twice a day to the treated. group at a dose of 0.5 mL/animal/day.	The use of a homeopathic agent stimulated lymphocyte production in healthy dogs. This suggests that Homeopathic use is beneficial, because. lymphocytes are directly related to cellular immune responses in terms of memory and humoral defence, enabling faster responses to microorganisms. Studies in adult animals and those focusing on infectious challenges may. reveal more information about the actions of this homeopathic agent.
Clinical Trial (6)	Osteoporosis (Ovariectomized Albino Rats)	Calcarea Carb is administered orally in 3 different potencies 1X, 30 and 0/1 to 3 different groups of female Wistar albino rats respectively. The remedy is given in water dose using distilled water, i.e., 5 drops, 3 times daily. Freshly prepared dose is administered each time.	It was found that among the Homeopathic potencies Calcarea Carb 0/1 showed highest result in osteoblastic activity by effectively using the calcium, phosphorous and alkaline phosphatase for bone formation. Calcarea Carb 30 was found to be the next effective potency in controlling osteoporosis. It is followed by Calcarea Carb 1X. All the 3 potencies are found to be effective in controlling osteoporosis by taking care of the bone physiologically, biochemically and histologically. Calcarea Carb has also saved the uterus from post-menopausal atrophy and helped in maintaining the body weight.
Case series (7)	Bovine Mastitis	Intramammary injection of Homeopathic Products (one of the medicines was Calcarea Phos 30C)	Data showed a very good tolerance to the homeopathic preparation and a 75% cure rate of the clinical mastitis.

CONCLUSION

Calcarea group medicines prove their extensive utility in various type of disease manifestations among animals. As mentioned above, there may be different modes of administration in practice to prescribe these medicines, but a positive outcome favors its use in animals. This group of Homeopathy is not only useful to serve the human community but also to alleviate suffering of animals.

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Calcarea Medicines as Schuessler Tissue Salts and Their Use in Homoeopathy

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Keywords

Catalysis, Nutraceutical therapy, Psora, Biochemic medicine, Miasm, complementary therapy

Abbreviations: wt.-weight, WHO- World health Organization

Abstract

The biochemic system of medicine, also known as the inorganic cell salt therapy, pioneered by Dr. Wilhelm Heinrich Schuessler, following the footsteps of Dr. Samuel Hahnemann, is the oldest form of nutraceutical therapy approved and recognized by the WHO as one of the complementary therapies.

The term Nutraceutical also known as Functional Foods, may be new to the world but the underlying concept of treatment using natural products as medicines are very old practice in the history of medical sciences.[3]

Although nutraceutical therapy has been prevalent for a long time, but this is the dimension which is not talked about much in homoeopathy, this article aims to highlight the importance of Schuessler's Calcarea salt and their utility in homoeopathy.

Introduction

Bio-chemic system of medicine opens a new phase of therapeutic medical science. Dr. Samuel Hahnemann, whose genius devedined the great importance of inorganic cell salts as a remedial agents of high order, was the first who began thorough investigations into their pathogenetic

effects and therapeutic uses. It was his proving of salts, lime, potassium and silica that prepared the way for the rest of tissue remedies.

Any disturbance in its equilibrium or disproportion can be maintained by calcium salt itself only. In homoeopathy calcium salts can be prescribed in both high and low potencies, and to every age group without any side-effects (due to minuteness of material dose). Prepared as per homoeopathic principle of dynamization these can be prescribed as both i.e. biochemic tissue remedy and homoeopathic potentised medicine. Thus, calcarea medicine forms an important part of homoeopathic physician's prescribing. Biochemic medicines act creatively and can be given as supplement of homoeopathic medicine, as well as any other line of treatment like, antibiotic therapy, deficiency therapy like hormones, enzymes, vitamins etc., and with proximate principles of food, minerals and organopathic remedies.

Biochemistry in Relation to Homoeopathy

As Schuessler puts it, biochemistry acts "by means of homogeneous substances while homoeopathy attains its curative ends in an indirect-ways, by means of heterogeneous substances". But it has been affirmed that they are essentially the same, especially as both use the infinitesimal, or atomic, dose, also in both mediums there is disturbance of molecular substances through "catalysis" as schuessler explains it. Catalysis is, wherein one body produces changes in another without itself being changed. The whereabouts of this action is not known, but it still remains a fact. Catalysis is contact action, and by this contact action, mineral drugs act inert in the crude state, by trituration a

contact is developed, which causes changes, and when given to the healthy, produces symptoms. These very salts in certain proportions are its essential substratum whose presence is necessary to fix, determine and embody the inner essence of the drug; and it is a question to be decided whether we could obtain the same results by giving the inorganic salt constituents of a drug as by giving the drug itself. *“It is indirect homoeopathy”* as quoted by Dr. Boericke.

Dr. Schuessler learned from Dr. Hahnemann that to prevent damages and to render a remedy capable of absorption by the cell, they must be potentized. Schuessler writes: “the use of small doses for the cure of disease in the biochemical method is a chemico-physiological necessity.” Again: “every biochemical remedy must thus be attenuated, so that the functions of the healthy cells may not be disturbed, and yet the functional disturbances present may be equalized.”

Miasmatic Approach

The idea upon which biochemic therapy is based is the physiological fact that both the structure and vitality of the organs of the body are dependent upon certain necessary quantities and proper apportionment of its organic and inorganic constituents. According to Schuessler, disturbance in the molecular motion of these cell salts in the living tissue, caused by deficiency in the requisite amount, constitute disease. Same can be explained through misam in homoeopathy, As said by Dr. H.A.Roberts in his philosophy “the principle and art of homoeopathy” chapter “psora and deficiency” page no. 197 “in simple form or combined, are essentially constructive, to demonstrate the significance of our hypothesis that Psora, and Deficiency in properly balanced essentials, are one and the same; or if they are not identical problems”.^[4]

Hahnemann’s Approach to Biochemic Medicines Through Organon of Medicine

Hahnemann in his organon of medicine aphorism no. 77 writes about inappropriately named chronic diseases and gave its various causes, one of which is prolonged abstinence from things that are necessary for the support of life, thus we know from our knowledge of physiology that these

biochemic salts form the essential constituent of cell and abstinence can lead to disease. Thus we see, symptoms produced by deficiency of a particular salt can be corrected by providing that salt only. Biochemic has similar corporeal approach to that of homoeopathy.^[5]

Use of Biochemic Salts of Calcarea in Relation to Homoeopathy

Here we are primarily concerned about Calcarea salts which can be used by homoeopaths on the basis of biochemic principles (based on natural law and are similar to homoeopathic laws). The following are the calcarea salts which as per Dr. Schuessler are constituent of cell and hence find a place among his tissue salts:-

Calcarea Flourica

Calcarea Phosphorica

Calcarea Sulphurica

CALCAREA FLUORICA

Tall, stout, frog-face, deformed bony curvature.

The substance is found in the surface of bones, enamel of teeth, elastic fibers and skin. A disturbance, or deficiency in the molecules of this element is shown by lumpy, more or less hard, growths, horny growths, hard crusts with cracked hands, hardened mammary glands, or other parts. Osseous tumors from injuries, glandular swelling, cataract of the eye, gum boils, displaced or relaxed uterus, sagging abdomen, hardened exudations, haemorrhoidal knots, varicose veins, and all diseases originating in the elastic fibre and bone covering, which is practically the same thing.

This remedy has proved curative in hard swelling on the bones, varicose veins, whitlow, induration of testicles, suppuration, psoriasis, prolapsus uteri, internal piles, ozaena, eczema, knots, gout, defects in enamel, backache, corneal diseases, cataract of eye, after-pains, bone, bruises, catamenia, cough, etc., where the above general symptom prevail.

Worse in damp weather and during rest; better by cold fomentations, rubbing and heat.

Schuessler recommended the 12th decimal trituration, but the 3X and 6X have been found to be very efficient.

CALCAREA PHOSPHORICA

Anaemic, pale, pale, tall, thin, brownish hairs and eyes, sunken and flabby abdomen, soft curved bones with enlarged head and long emaciated neck.

This element is found in all cells, especially the bone cells, and therefore, is necessary in the normal function of new cells. Its absence or disturbance is shown in anemic states; the weakened conditions following acute diseases; delayed formation of bone in young; in the knitting of broken bones. Broadly speaking, it is the remedy for weaklings, the ill-nourished, the very young or old, for rickets. Chlorosis, open fontanelles, pains accompanied formication, numbness, cramps, cold sweat, convalescence, convulsion of teething children; stunted children, unhealthy obesity and for the many named and unnamed disease. It has been called cell-wall-salt.

This remedy has proved curative in cancer, catarrh, chlorosis, “green sickness” consumption, rickets, curvature of spine, spinal weakness, open fontanelles, hydrocephalus, bow legs in children, scrofula, albuminuria, anemia, diseased state of bones, broken bones, convalescence, convulsions, emaciations, painful gums, dentition, headache, leucorrhoea, perspiration, night-sweats, rheumatism, scrofulous ulcers, clammy feet and hands, tonsils chronically swollen, etc., when the above general symptoms prevail.

The symptoms are generally worse from cold, motion, change of weather, sensitive to cold, from getting wet and dampness generally. Many symptoms are ameliorated by lying down, rest.

The lower triturations, 3X to 6X, are the potencies usually employed, probably achieving most satisfactory results. Schuessler prescribes the 6X triturations.

CALCAREA SULPHURICA

Tall, obese, wornout constitution with lax fibres and sour, offensive odour of whole body.

In his later years, schuessler was inclined to omit this element from his list of tissue remedy, “but the experience of physician familiar with it is against doing so, for while its sphere is limited, it has been, as stated by schuessler, “successfully used

in many diseases, “but he adds, “it doesnot enter into constant constitution of the organism,” from which it be inferred that at times other remedies are temporarily useful. Calcarea sulphurica is useful in generally in suppuration, of pus mixed with blood, yellowish discharge from eyes, ears and nose, of this character, boils, carbuncle wound, expectoration, pimples and scabs, skin disease, sores etc.

This salt has proved curative in ear diseases, with matter streaked with blood, diarrhoea, boils, abscess, ulcers, carbuncles, festering sores or hurts, pimples, oozing scabs, herpes, catarrh, suppurating glands, etc., when the above- named conditions prevail.

Aggravation and renewal of the symptoms after working and washing in water; after waking; walking fast; overheated; warmth.

The most common potencies for internal are the 6X and 12X. [2][1]

CONCLUSION

Thus, we see these Calcarea tissue salts are related to homoeopathy in their mode of extraction, preparation, prescribing, administration, miasmatic approach to disease, mechanism of action (catalytic action), sphere of action and repetition also. *So, we can conclude from above that these medicines can be prescribed by a homoeopath successfully to treat the aforesaid conditions, thus these calcarea salts as biochemic medicine have vast scope in treatment of diseases.*

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Calcarea: Their Scope In Homoeopathy

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Keywords

Calcarea, insecurity, absorbed in job, timid, sluggish, endocrine affection.

Abstract

The name calcium was derived from the latin word calyx means lime. there is dynamic equilibrium between the calcium in the blood and that in the skeleton. Equilibrium maintained by parathyroid gland and cholecalciferol. 98% of calcium in the body is found in the bones. It constitutes 1.5-2% of the body weight of the adult human. Calcium is the major mineral element of the body. calcium was used by earliest form of life to offer protection in the form of shell, exoskeleton etc. in human it occurs primarily in bones that gives us stability and protect vital organs like brain, lungs, heart and the spinal cord. The main feeling of calcarea group is need for stability and security. The person feels like an oyster without a shell and seeks protection. He strives to get protection from outside or develop it himself. Physically fat but sometimes thin, desires eggs, indigestible things like lime, sand, slate pencil etc. pathology of calcarea patient will usually affect structure like bones and joints.

Introduction

Calcarea, nothing but The oyster shell , does protection and withdrawal, They withdraw and make a protective layer around them.

Theme-- • Stability • Security

Calcium is like a young child who releases the instability in the outer world. Thus feels the need for the security of a home. Emotional insecurity of calcium is because of over protected, they feels insecure to take a risk, unable to take his decision.

Absorption- At Intestinal tract, Vitamin D, bile, fat helps in calcium absorption- Absorption increase during rapid growth in children, pregnancy, lactation. Absorption decrease with advancing age

Excretion- Urine, Sweat, faeces

Important remedies

- Calcarea ars
- Calcarea brom
- Calcarea carb
- Calcarea flour
- Calcarea iodata
- Calcarea nitrica
- Calcarea oxalica
- Calcarea phos
- Calcarea picrica
- Calcarea sulph
- Calcarea silicate

Constitution

1) Suited to lymphatic, scrofulous and tuberculous person, Fat person with lax fiber, Fat children who are slow in movement, of irregular growth with enlarged and hard lymphatic glands.

2) People who are tall or huge: If their jaw bones are prominent and gives squarish look to the face.

- Calc ars: suited to lymphatic, scrofulous and tuberculous person. Fat women approaching climaxis. Fat person (mentally depressed and anxious).

- Calc brom: Suited to children who are of lax fiber, lymphatic, nervous and irritable. Fair haired and fat children.

- Calc carb: Leucophlegmatic constitution. Large head and large features with pale skin and chalky look and in infants – open fontanelles. Scrofulous constitution- enlarged and hard lymphatic glands. Tendency to obesity in youth.

- Calc flour: Scrofulous- indurated glands of stony hardness

- Calc phos: Is an exception to the common fatty, flabby constitution of calcarea which is scrofulous emaciated children who are slow in learning to walk, with sunken flabby abdomen

Thermally : Chilly

Miasm: psora, syctic, tubercular, syphilitic

Ailments from

Fright, grief, disappointed love, malnutrition, suppression of eruption, wear and tear, over lifting, fracture, exposure to wind, delayed labour

Sphere of action

Bones, Muscles, Tendons, Ligaments, ducts, Tubes, Nerve cells and its –axons, Connective tissue, Endocrine gland, Peritonium, uterus.

Pathophysiological action

Free calcium ions regulates neuromuscular function and hormonal control.

- Calcium action parasympathetic than sympathetic.

- It regulates Acetylcholine.

- Calcium and phosphate ions precipitate and insoluble calcification of cartilage into bone formation.

- Calcium ions stimulates parietal cells of stomach Secretes HCL.

- Calcium activates number of enzymes including pancreatic lipase, adenosine triphosphatase and myosin kinase.

Characteristics mental symptoms

The remedy 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.

Another strong aspect of Calcarea is **anxiety and fear**. There is a theme of **insecurity**. The fears &

anxieties center around issues such as money, health. When these basic aspects are not secure, they develop strong **despair**.

The calcareas are constantly worrying about what others will think about them. Therefore there is a strong **sensitivity to criticism**.

They get affected by their environment very fast and coupled with a lack of ability to meet a challenge, they become **stubborn and obstinate**.

Lack of initiative. But otherwise responsible workers. Slow but steady.

Plenty of fears and phobias, like **fear** of heights, disease, poverty, future, that something will go wrong. Depression. Inability and aversion to work.

Loss of self confidence. Intelligent but lack of implementation due to slow and sluggishness at physical levels leads to poor performance.

Strong desire to company. Calcarea person are people who don't go out much, don't want any adventure in life. Rather they choose for themselves friends and partners who are protective and on whom they can depend.

Children:-

- Tend to be plump, tired and have weak resistance to infections. Usually have slow delayed development. They are nice, but obstinate.

- The child is usually curious, asking questions about religion. Plenty of fears and anxiety, esp. concerning security.

- Lack of stamina is indicative of calcarea.

- Children are impetuous to work

- Calcareas are intellectual but the imbalance between the physical and mind is at fault. Due to this imbalance and also their passivity, they develop depression, despair and lose interest in work / business.

- Children who love to be magnetized.

Physical characteristics

Obesity

Desire: indigestible things, lemonade, eggs, potatoes, sweet, salt.

Aversion: tobacco, coffee, milk and meat.

Pain: stitching type, both internally and externally.

Dropsy: both internally and externally.

Sleeplessness.

Hemorrhagic tendency.

Perspiration: and profuse.

Ravenous hunger with weak digestion.

Menses too frequent, copious and protracted.

General modalities

Aggravation- Cold in general, draft of cold air, cold food and cold drinks, change in weather and uncovering.

Amelioration- Heat in general, slow movement, and lying on the abdomen.

Scope Of Calcarea Carb In Homeopathy

1. Complaints of the Mind

Calcarea Carb is very beneficial to treat cases of obsessive-compulsive disorder (OCD) with a marked fear of contracting germs and contagious diseases. It offers help in cases where there are great anxieties about the present, future and about health. The anxiety is attended with restlessness and palpitations, more so during the evening time. This remedy is also used to treat fears, where a person is plagued by thoughts of misfortune or terrible thing happening, fear of losing reason, fear that he/she is suffering from organic disease of the heart. Fear of death, monsters and of being alone may also be present. It is also useful in cases of mental dullness and weakness (particularly while studying). There is a great confusion of mind, difficult comprehension and difficult thinking. Sleeplessness from the rush of thoughts in the mind also indicates the use of this remedy. Apart from the above, this medicine is also indicated in obstinate, self-willed and irritable children. They are irritable without any cause and tend to be fretful, restless, stubborn and gets easily offended. They also cry easily at the smallest trifles.

2. Nasal complaints

This medicine is of great service in treating chronic colds. People who need this remedy tend to catch a cold easily with every change of the weather. The nasal mucous membrane is swollen and the nose is plugged with yellow, thick, offensive discharge. In some cases, blood may be mixed in the discharge. There may also be profuse discharge (clear like water), along with prickling and itching in the nose is present. The nose may also be markedly dry,

with the dryness getting worse at night. It is also indicated for stoppage of the nose during the night, and the person is unable to breathe through the nose. It is also a top-listed medicine to treat nasal polyps and frequent episodes of nose bleeding which is profuse. This may also be attended with fainting. Use of this remedy is also considered in cases of loss of smell (anosmia).

3. Female Disorders

This remedy is highly recommended to treat a number of ailments in females. Perhaps the most prominent use is in the treatment of uterine fibroids, where the uterus feels low down with a bearing down sensation in the pelvis. Weight and pressure in the uterus are marked. The menses are also very profuse and bright red in color. This remedy can also help rectify the complaint of menorrhagia where a female complains of early, very profuse and long-standing menses. In the case of vaginal discharges, this medicine is used when the discharges are white and milky. They are attended with itching and burning in the vagina. They tend to be worse before or after menses. Excessive debility appears with the vaginal discharges. This medicine also helps treat pain during periods (dysmenorrhea). The pain is felt in abdomen and back, it resembles labor-like pains. Pain in hip bones is present, anxiety and restlessness, followed by fainting may arise in a few cases. It is also indicated for treating sterility in females. In such cases, females mostly complain of too early and too profuse menses. It also happens to be a wonderful medicine to treat itching of female genitalia. The itching is violent and attended with soreness of vulva. Burning and stitching in the genitals are also felt. This itching tends to get worse towards the evening or after going to bed. Apart from these symptoms, it is also indicated for uterine or vaginal polyps. Hair fall in females after childbirth is also a guiding feature to use this remedy.

4. For Sore Throat, Tonsillitis and Enlarged Adenoids

This remedy is highly effective for treating a chronic sore throat where there is a swelling of the palate, uvula, and tonsils. A stinging and pricking sensation is felt at the back part of the palate. Pain in the throat that extends to the ears is also present. The throat feels contracted and painful when swallowing. A lump-like sensation in the throat may be marked. Tickling, roughness, and scratchiness in the throat are present. In the case

of tonsillitis, aphthae (ulcer) on tonsils may be present. This medicine is frequently used to treat a tendency of chronic tonsillitis when the tonsils get inflamed frequently from exposure to cold. The next indication to use this medicine is enlarged adenoids in children who have low immunity and catch a cold with every change of the weather.

5. Thyroid and Goiter Issues

This is a top-most medicine to treat hypothyroidism (underactive thyroid) and goiter. Complaints linked with hypothyroidism including weight gain/obesity (abdominal enlargement is most prominent), hair fall, chilliness, constipation, slowness, sluggishness, debility, profuse menses indicates the use of this medicine.

6. Bone and Joint Complaints

This remedy is very suitable to treat diseases of the bone and joints. It is a leading medicine to treat conditions like rickets, bone decay, osteoporosis, osteomalacia, weak ankles, knee joint pain (osteoarthritis) and spine curvature. In cases of arthritis of the knee, there is pain, swelling, heat and cracking in the knee joint. A tearing, drawing or stinging pain in the knee may be prominent, and the knee also feels lame and weak as if sprained.

7. Infants and Children

It is a highly suitable remedy used to treat a number of complaints in infants and children, like dentition complaints (vomiting diarrhea, irritability, slow teething), developmental delays (late appearance of milestones like learning to walk and talk), hydrocephalus, night terrors, obesity in children with large bellies, open fontanelles, tendency to take cold, enlarged/inflamed tonsils, enlarged adenoids, and a tardy development of bones.

8. Intestinal Troubles

This remedy has a wide scope of action to treat many gastrointestinal troubles like dyspepsia with heartburn and loud, sour belching. It is a significant medicine to treat diarrhea in infants during dentition. The stools are loose with a sour smell and may contain undigested, offensive, mixed, soft and lumpy particles. It is also useful to treat vomiting during dentition. Diarrhea and vomiting from taking milk may be present. This medicine is also used to treat constipation where the first part of the stool is hard, followed by pasty and liquid stool. It also smells very offensive and is passed with much straining. Burning and

tearing at the anus during stool may be felt. A complaint of worms complaints (mainly thread or pinworms, tapeworm, and ascarides) are indicative to use this medicine. Itching of the anus is marked in such cases. Crawling in the rectum and burning at the anus may also be present. In addition to the above, it is also beneficial to treat gall stones and umbilical hernia. Specific craving including those for eggs, indigestible things, chalk, pencils may be present. An aversion to milk and a general aggravation from drinking milk may also be there.

9. Skin Issues

This is a well-indicated remedy to treat many skin issues. For example, it is a highly effective remedy to treat Tinea Capitis. Tinea capitis is ringworm of the scalp. There are yellow scabs present on the vertex (top of the head). Next, it is used to treat eczema capitis where eruptions on the scalp appear. These are covered with a layer of crust and smell foul. This begins at the back of the head and then extends over the whole head. It is attended with itching, crawling and sore pain. The eruptions bleed when picked. This medicine is also used to treat small warts on the skin. These warts are soft at the base with a hard upper surface. They are usually skin-colored and tend to itch and bleed. Barber's itch is the next condition treated effectively with this medicine. This medicine is also used to treat increased sweating, especially on the hands, scalp, and neck. The scalp sweating on the scalp is debilitating. It mainly appears during the evening or night and the pillow can become wet with sweat.

Clinical conditions- Obesity, Oedema, Rickets, Anemia, Hypothyroidism, Delayed milestones, Fracture, Osteoporosis, Renal calculi.

CONCLUSION

The function of calcium along with phosphorus, is to provide strength and durability to bones and teeth. 99% of the calcium is in the bones. The other 1% in the body is in the blood plasma or serum. Serum calcium is essential for some vital physiological processes, also for transmission of nerve impulses and neuromuscular excitability.

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Calcarea's Unsung Heroes: A Closer Look at the Lesser-Known Remedies in the Calcarea Family

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Keywords

Calcarea family, lesser-known remedies, homoeopathy, mineral kingdom

Abstract

This article aims to shed light on the often-overlooked therapeutic potential within the Calcarea group, a set of remedies that might not be widely recognized due to limited literature or infrequent clinical application. By delving into the less explored aspects of these remedies we can not only enrich our prescriptions but also prove valuable in addressing challenging and uncommon cases.

Introduction

Minerals are compounds having an orderly internal structure and characteristic chemical composition, similar are mineral patients who always feel something is missing or something will be lost and their structure which is individual to them will become unstable. Core theme is "lack of something" so whenever we listen to them in different spheres of life, the ultimate experience as per mineral patients is that the problem is "within them".

Calcareas belonging to the Mineral kingdom stands in the fourth line of the periodic table. When calcium ions combine with other ions to create a salt, the resulting compound exhibits unique properties. This distinctiveness in structure and general characteristics gives each calcium compound its individual identity, much like how our unique traits make us who we are. These variations in properties also contribute to diverse clinical applications for each compound.

As per their atomic structure of calcium, theme of security & protection is vital to Calcareas. In terms of money, health, job, security and finances. Few Calcarea are very well explored and utilized in homeopathic field like *Calcarea Carbonica*, *Calcarea Flourata*, *Calcarea Phosphorica*, *Calcarea Sulphurica*.

But few lesser utilised gems in Calcarea group which have great clinical application but are lesser explored in day-to-day clinical practice which we will be exploring in this article.

Lesser-Known Remedies of Calcarea Family

Calcarea Bromata⁽¹⁾⁽²⁾: Common Name: Bromide of Calcium

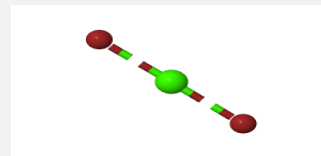


Fig: *Calcarea Bromata*⁽⁸⁾

Calcarea iodata⁽¹⁾⁽²⁾: Common Name: Calcium iodide or Iodide of lime



Fig: *Calcarea iodata*⁽¹¹⁾

Calcarea Lactica⁽²⁾⁽³⁾: Common Name: Lactate of Lime

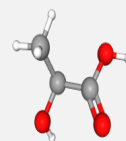


Fig: *Calcarea Lactica*⁽¹²⁾

Calcarea Picrica ⁽³⁾⁽⁴⁾: Common Name: Picrate of Calcium

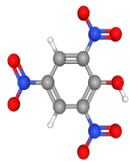


Fig: *Calcarea Picrica* ⁽¹⁴⁾

Calcarea Silicata ⁽²⁾: Common Name: Silicate of Calcium



Fig: *Calcarea Silicata* ⁽¹⁵⁾

Calculus Renalis ⁽¹⁾⁽⁵⁾: Common Name: Phosphate of Lime renal calculi

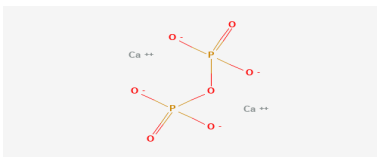


Fig: *Calculus Renalis* ⁽¹³⁾

Calcarea Hypophosphorosa ⁽¹⁾⁽⁶⁾: Common Name: Hypophosphite of Lime

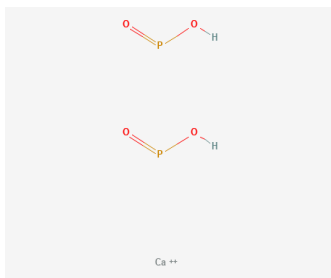


Fig: *Calcarea Hypophosphorosa* ⁽¹⁰⁾

Calcarea-Ova-Tosta ⁽³⁾⁽⁵⁾: Common Name: Toasted Egg shell.

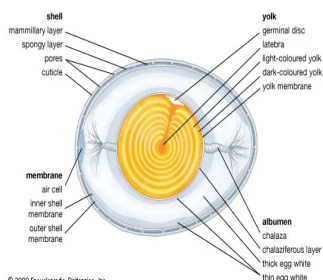


Fig: *Calcarea-Ovi-testate* ⁽⁹⁾

CONCLUSION

Gaining a thorough understanding of the lesser-known drugs within the Calcarea family not only motivates students to conduct deeper clinical research and substantiate the efficacy of these remedies with more literature but also provides clinicians with valuable alternatives in cases where data for prescribing polychrest remedies is lacking. The extensive clinical scope makes these lesser-known remedies a practical enrichment for clinicians in refining their prescription practices.

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Diabetes Mellitus, Its Complications & Homoeopathy

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Keywords

Diabetes mellitus, Complications, Homoeopathy

Abstract

Background: Diabetes mellitus is a clinical syndrome characterized by chronic hyperglycemia, relative insulin dependency or both.¹

Homoeopathy is a system of Medicine which has given many miraculous results and such results are also seen in cases of Diabetes.

Discussion & Conclusion

Homoeopathy is a holistic medicine with holistic and individualistic approach so, medicine prescribed after proper case taking leads to proper diagnosis as well as treatment of The Sick.

Introduction

Diabetes mellitus is a clinical syndrome characterized by chronic hyperglycemia, relative insulin dependency, or both. It is a chronic, metabolic disease which overtime leads to serious damage to heart, blood vessels, eye, kidneys and nerves.¹

Objectives of the study

The objective of this article is to focus on the wellbeing of the general population in today's scenario India has become the Diabetes capital of the world where more than 80% of urban population is diabetic.

*Etiological classification of Diabetes Mellitus*²

1) Type 1 diabetes (beta cell destruction, leading to absolute insulin deficiency.

2) Type 2 diabetes (associated with insulin resistance)

3) Gestational diabetes mellitus (GDM)

4) Other specific types of diabetes

- Genetic defect of β cells function (MODY-Maturity onset diabetes in the young)
- Pancreatic disease (pancreatitis, trauma/pancreatic neoplasia, cystic fibrosis, hemochromatosis, fibrocalculus, pancreatopathy)

- Endocrinopathy (acromegaly, Cushing's syndrome,

- Drug induced

- Viral infection

- Uncommon forms of immune-mediated diabetes

- Associated with genetic syndrome.

Clinical features³

1. Asymptomatic

2. Polyuria, nocturia

3. Polyphagia

4. Thirst & dryness of mouth

5. Easy fatigability

6. Delayed wound healing

7. Symptoms of peripheral neuropathy

8. Blurring of vision

9. Recurrent infection

Complications^{3,4}

Long-term complications of diabetes develop gradually. The longer you have diabetes — and the less controlled your blood sugar — the higher the risk of complications. Eventually, diabetes complications may be disabling or even life-threatening. In fact, prediabetes can lead to type 2 diabetes. Possible complications include:

- *Heart and blood vessel (cardiovascular) disease.* Diabetes majorly increases the risk of many heart problems. These can include coronary artery disease with chest pain (angina), heart attack, stroke and narrowing of arteries

(atherosclerosis). If you have diabetes, you're more likely to have heart disease or stroke.

- *Nerve damage from diabetes (diabetic neuropathy).* Too much sugar can injure the walls of the tiny blood vessels (capillaries) that nourish the nerves, especially in the legs. This can cause tingling, numbness, burning or pain that usually begins at the tips of the toes or fingers and gradually spreads upward.

Damage to the nerves related to digestion can cause problems with nausea, vomiting, diarrhea or constipation. For men, it may lead to erectile dysfunction.

- *Kidney damage from diabetes (diabetic nephropathy).* The kidneys hold millions of tiny blood vessel clusters (glomeruli) that filter waste from the blood. Diabetes can damage this delicate filtering system.

- *Eye damage from diabetes (diabetic retinopathy).* Diabetes can damage the blood vessels of the eye. This could lead to blindness.

- *Foot damage.* Nerve damage in the feet or poor blood flow to the feet increases the risk of many foot complications.

- *Skin and mouth conditions.* Diabetes may leave you more prone to skin problems, including bacterial and fungal infections.

- *Hearing impairment.* Hearing problems are more common in people with diabetes.

- *Alzheimer's disease.* Type 2 diabetes may increase the risk of dementia, such as Alzheimer's disease.

- *Depression related to diabetes.* Depression symptoms are common in people with type 1 and type 2 diabetes.

Complications of gestational diabetes

Most women who have gestational diabetes deliver healthy babies. However, untreated or uncontrolled blood sugar levels can cause problems for you and your baby.

Complications in baby can be caused by gestational diabetes, including:

- *Excess growth.* Extra glucose can cross the placenta. Extra glucose triggers the baby's pancreas to make extra insulin. This can cause your baby to grow too large. It can lead to a difficult birth and sometimes the need for a C-section.

- *Low blood sugar.* Sometimes babies of mothers with gestational diabetes develop low blood sugar (hypoglycemia) shortly after birth. This is because their own insulin production is high.

- *Type 2 diabetes later in life.* Babies of mothers who have gestational diabetes have a higher risk of developing obesity and type 2 diabetes later in life.

- *Death.* Untreated gestational diabetes can lead to a baby's death either before or shortly after birth.

Complications in the mother can be caused by gestational diabetes, including:

- *Preeclampsia.* Symptoms of this condition include high blood pressure, too much protein in the urine, and swelling in the legs and feet.

- *Gestational diabetes.* If you had gestational diabetes in one pregnancy, you're more likely to have it again with the next pregnancy.

Role of Homoeopathy⁵

Homoeopathy is a system of Medicine which has given many miraculous results and such results are also seen in cases of Diabetes. Diabetes is a long term disease and can be treated through various systems of medicines. Homoeopathy has positive role in early diagnosed cases through constitutional corrections⁵.

The commonly used Homoeopathic remedies are Abrotanum augusta, Apis mellifica, Arsenicum brom, Asclepias vincet, Berberis vulgaris, Bovista, Calcarea phos, Carboic acid, Calendula, Cephalandra indica, Conium maculatum, Cuprum met, Curare, Hepar, Gymnema sylvestre, Insulinum, Kali brom, Kali mur, Phosphorus, Phosphoric acid, Plumbum metallicum, Selenium, Secale corn, Syzygium, Sulphuric

Acid, Tarentula, Terebintha, Thuja, Thyroidinum, Uranium nitricum^{5,6}

Some of these are described below:

Acetic acid –Abundant sugar in urine, increased and light coloured, great thirst, but cold drink lies heavy on stomach; ascites and hydrothorax, oedema pedum; gangrenous ulcers; pale waxen skin; extreme prostration; decomposition of animal matter.

Argentum met- Profuse, turbid, sweetish urine; < at night, sometimes like whey, it distresses him at night, has so often; emaciation and great weakness; face pale and swollen; scrotum and feet oedematous and itching; pruritus scroti seu vulvae; fetid taste in mouth; disposition to gangrene

Calcarea phos- Glycosuria when lungs are implicated, diminishing the quantity of urine and lowering its specific gravity; sore aching in bladder < after urinating, involuntary sighing; chronic cough; excessive urination.

Syzygium Jambolanum : SUGAR IN THE URINE. PRICKLY HEAT IN UPPER PART OF THE BODY; small red pimples itch violently. Great thirst, weakness, emaciation. Very large amounts of urine, specific gravity high. Old ulcers of skin. Diabetic ulceration.

Morphinum: PROFOUND DEPRESSION. Irritable, fault-finding, hysterical. VERTIGO FROM THE LEAST MOVEMENT OF THE HEAD. Headache, with sensation of being “wound-up.” Bursting pain; head drawn back. Tongue dry, brown violet in middle. THIRST. Loss of appetite, WITH AVERSION TO MEAT. Pharynx paralyzed, swallowing almost impossible; better hot drinks, worse solids. Distended. Acute pain in abdomen and along spinal column. TYMPANITIS.

URAEMIA, acute and chronic. ALTERNATION OF TACHYCARDIA AND BRADYCARDIA. Cardiac muscular tissue is intact, even if severely exhausted. Pulse small, weak, dicrotic. Staggering gait. NUMBNESS.

Restlessness and hyperaesthesia; trembling, twitching, jerking, convulsions. EXTREMELY SUSCEPTIBLE TO PAIN. Pain causes twitching and jerking of limbs. Violent and SUDDEN neuralgic pains and sudden fainting. DELIRIUM, MELANCHOLIC IN CHARACTER. Neuralgias INTENSELY PAINFUL; left supraorbital; right intercostal, better from heat; MULTIPLE NEURITIS. Sore feeling all over. BED FEELS TOO HARD. Aggravation after sleep.

Iris Versicolor: BURNING OF WHOLE ALIMENTARY CANAL. VOMITING, sour, bloody, biliary. Nausea. Profuse flow of saliva. DEFICIENT APPETITE. Liver sore. Cutting pain. Flatulent colic. Diarrhoea; stools watery, with BURNING AT ANUS and through intestinal canal. Periodical night diarrhoea, with pain and green discharges. CONSTIPATION. Herpes zoster, associated with gastric derangements. Pustular eruptions. Eczema, with nightly itching.

DISCUSSION & CONCLUSION

Homoeopathy is a wholistic medicine with wholistic and individualistic approach so, medicine prescribed after proper case taking leads to proper diagnosis as well as treatment of The Sick.

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Homoeo-Prophylaxis In Non- Communicable Disease: A Step Towards Healthy Living

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Keywords

Homoeopathy, Homoeo-prophylaxis, Non-Communicable Diseases, Prevention

Abstract

The evolution of man on earth brings Health and Disease- both terms belong to the domain of the medical field. Since his existence in the world, Man's in-fatigable fights against morbidity with some successful and unsuccessful efforts result in the emergence of unusual diseases without plausibility. To achieve immortality, man finds his solution in another two terms i.e. Prevention and Cure. According to the nature of disease and its manifestations, man chooses his solution against disease. In the modern era, non-communicable diseases present themselves as new challenges to the medical field. It is wiser to Choose Prevention against non-communicable diseases than efforts to treat its complications. The Homoeopathic System of Medicine is one of the Healing methods to prevent these Non- Non-communicable diseases with the application of its principles and Remedial Agents. So, it is imperative to learn about the role and the current status of Homoeo-prophylaxis in Non-Communicable Diseases.

Introduction

Non-communicable diseases are those which find their origin in the human body without any need for a vector or other way of transmission. They are mainly associated with the lifestyle of man, so these diseases see their synonyms as lifestyle disorders or lifelong health conditions. According to the WHO, 41 million people die due to non-communicable diseases which is equivalent to about 74% of all deaths globally.

(1) Non-communicable diseases also contribute significantly to economic disruption, disability-adjusted life, and premature deaths.

Characteristics like unspecified origin, and slow and long progression with impairment of functions and structures of the whole body bring a need to manage these non -communicable diseases with the point of view of holistic health.

The homeopathic system of medicine embraces the concept of holistic health and has gained popularity among people for its role in the prevention and treatment of non-communicable diseases.

Materials And Methods

A literature review was done with the help of various books, databases base, and publications to explore about role of Homoeopathy in non-communicable diseases. The study was done to explore the Role of Homoeo-prophylaxis in Non-Communicable diseases with objectives like the Role of Homoeopathy with Various Approaches to Prevent and Control Non- Communicable diseases and to study the Current situation of Homoeo-prophylaxis in the management of Non-Communicable diseases.

Articles with the following criteria were included to study the current situation of Homoeo-prophylaxis in Non-Communicable diseases.

Articles with publications in peer-reviewed journals

Articles with publication duration in the last 5 years

Articles available on databases like PubMed and Cochrane only

Result And Observations

Based on characteristics of Non-communicable diseases, prevention of these diseases is far better than to treat them in the late pathogenesis stage or complicated stage. The domain of prevention is not limited to the pathogenesis phase of disease but also extends to the phase of complications where preventing complications in already progressive disease conditions is also considered

as prevention or control of that specific disease condition.

Prevention at different phases of disease is labeled with different names with their specific measures/ interventions to prevent or control the disease.

So, based on different phases of prevention and their corresponding homeopathic aspect are mentioned in the below table.

Various approaches/ level to prevent and control Non- Communicable diseases ^(2,3)	Role of Homoeopathy/ Homoeopath to contribute at various level to prevent and control Non- Communicable diseases ⁽⁴⁾
<p>Primordial prevention- prevention of the emergence of risk factors that contribute to the production of non-communicable diseases by directing efforts to adopt healthy lifestyles with mass education.</p>	<p>As mentioned in Organon of Medicine, Aph. 4 explains the role of Homoeopath as a Preserver of health where Dr. Hahnemann mentions it in the following words, “ He is likewise a preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in health.” So, every Homoeopath must fulfill his duty as the preserver of health and help people to adopt healthy lifestyles through various awareness activities</p>
<p>Primary prevention – includes various methods like dietary changes, behavioral changes to eliminate or modify risk factors, and High-Risk strategies to identify “at-risk” persons and provide preventive care.</p>	<p>As guidelines of Homoeopathic Case taking mentioned in Aph. 83 to 104, the pattern of various questions and their details in Homoeopathic case-taking help homoeopaths to identify various factors/situations that need modification to preserve health.</p> <p>Data on homeopathic case taking like past and family history of a person will help us to “at risk person” as well as patterns of communicable diseases that run in his/her family tree.</p> <p>The above knowledge will help Homoeopathic physician to fulfill their role at the level of primary prevention.</p>
<p>Secondary prevention- this is the action that stops the progress of the disease in its early stage and prevents complications. It includes measures like early diagnosis and treatment which help to control disease.</p>	<p>Aph. No. 3 of the organon of medicine explains the importance of various knowledge to manage cases. Among them, knowledge of disease helps physicians perceive disease at an early stage.</p> <p>The homeopathic system perceives disease in its initial phase before secondary (structural changes/pathological changes) appear in the health of a person. As mentioned by Dr. Robert in his book, “Homoeopathy is concerned only with disease per se, that is, in its primary, functional, or dynamic aspect, not in its ultimate and so-called pathological results. With these we have nothing to do; these are not in any sense the disease but are the results of disease conditions. Therefore, we must distinguish between the primary functional symptoms which represent the morbid process itself, and the secondary symptoms which represent the pathological end products of disease.”</p> <p>This concept in Homoeopathy also opens its role as a Prophylactic measure to prevent Non-communicable disease in the early stage.</p>
<p>Tertiary prevention- “all measures available to reduce or limit impairments and disabilities, minimize suffering caused by existing departures from good health and to promote the patient’s adjustment to irremediable conditions”</p> <p>It includes mainly rehabilitation i.e. the combined and coordinated use of medical, social, educational, and vocational measures for training and retraining the individual to the highest possible level of functional ability”</p>	<p>Homoeopathic counseling plays a vital role in tertiary prevention in the context of social and psychological rehabilitation.</p> <p>As mentioned in aph. 94, Understanding of surrounding circumstances of a person including social and economic background help physicians in counseling according to the needs of that person. Homoeopathic concepts of holistic health give importance to mental health along with physical health. Homoeopathic medicines with their dynamic powers are able to produce effects on perception and behavioral aspect of mind.</p>

Current situation of homoeo-prophylaxis in Non- Communicable diseases

Among all non-communicable diseases, Diabetes mellitus, Obesity, and Hypertension are leading causes of death due to non-communicable diseases. So, it is necessary to review the status of the Homoeopathic research field in the Prevention and management of Non-communicable diseases.

Non- Communicable disease Condition	Level of Prevention and Research findings
Diabetes mellitus	<p>Secondary prevention- a clinical trial was carried out to explore utility of homoeopathic mother tinctures in pre diabetes with using controls which concluded with combination of Individualised homoeopathic medicine along with mother tinctures have some positive findings but needs confirmation with further studies.⁽⁵⁾</p> <p>Another randomized double blind placebo controlled clinical trial shows efficacy of Homoeopathic treatment for diabetic distal symmetric polyneuropathy where symptom scoring shows statistically significant difference on effectiveness of homoeopathy but larger sample size and defined parameters needed for further confirmations.⁽⁶⁾</p> <p>A 1 year Randomized clinical trial where homoeopathic medicines were used in periodontal treatment in type -II diabetic patients shows significant improvement in symptoms related to dental problems along with glycemic control as compared to control group where homoeopathic intervention was not given.⁽⁷⁾</p>
Obesity	<p>Secondary prevention- a randomized control trial was done in Mexico with homoeopathic medicine Calcarea Carb to determine fat reducing efficacy of this medicine in obese adolescents with an attempt to support scientific evidence in homoeopathy. But effect of medicine on weight and body fat was not completely known through this study.⁽⁸⁾</p>
Hypertension	<p>Secondary prevention- 2 double blind randomized clinical trial were done to show efficacy of homoeopathy in Hypertension.</p> <p>Among them one study was carried out to know the efficacy of individualized homoeopathic medicines in intervening with progression of pre-hypertension to hypertension. This trial shows small and non- significant direction favoring homoeopathy which made it inconclusive.⁽⁹⁾</p> <p>Another study was double blinded randomized placebo controlled pilot trial to show effectiveness of homoeopathic medicine in stage -1 essential hypertension where group difference were higher in the IH⁽¹⁰⁾</p>

Discussion

As mentioned in the above result section, literature in the Homoeopathic system of medicine provides guidance related to prevention as well as various measures for the prevention of disease and preservation of health.

In the current research scenario, the Homoeopathic system of medicine proves its efficacy at the level of secondary and tertiary levels of prevention. This opens the path to some practices in the field of Homoeopathic science to contribute at the level of Primordial and primary prevention level.

After proper analysis of the above-mentioned articles for non-communicable diseases, most of the studies end with nonconclusive findings which shows an immediate need to carry out studies to verify previous findings and explore some new facts.

CONCLUSION

The homeopathic system of medicine is capable of giving marvelous results in the prevention and management of Non- communicable diseases in the current scenario if exploration of its principles and therapeutic methods is at the best level. This will help us to establish the plausibility of Homoeopathy in Medical science where the current world situation faces the burden of non-communicable diseases.

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Boenninghausen's Perspective Of Homoeopathic Posology



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Keywords

Posology; Boenninghausen; Potency; Korsakoff; Fincke; Dynamization; repetition; dose

Abstract

Selection of the right dose in every individual case is as much an integral and fundamental part of the process of making a homoeopathic prescription as the selection of the remedy. A well-selected remedy may fail or be harmful, because of wrong dosage. Posology is a subject of so much misunderstanding and controversy that it has divided the profession into different camps. Boenninghausen was one of the closest follower and friend of Hahnemann. From 1830 he was in close touch with Hahnemann, until the end of Hahnemann's life. Hence, it is essential to also study homoeopathic posology from Boenninghausen's perspective.

Source

Boenninghausen's views on posology have been gathered from the following writings as per **The Lesser Writings of C. M. F. Von Boenninghausen**, by T. L. Bradford.

The Advantages of The High Potencies

Experience And the High Potencies

Hahnemann's Doses of Medicines

The Use of High Attenuations in Homoeopathic Practice

Jenichen's High Potencies

Trauma And High Potencies

Typhoid Fever and High Potencies

From A Letter of Councillor Boenninghausen in Muenster to Dr. Stapf

The Value of High Potencies

Introduction

Boenninghausen's Views on use of potencies, through his writings -

I have used Sulphur 60th potency, giving two pellets as a dose, and my success with this has been so great that the use of the 30th potency with me is exceptional. In cases of great sensitivity, I use the 120th potency, and am perfectly content with its action, as I am also with the 200th, which I have experimented with lately in chronic diseases of the worst kind.

The quick alleviation of wounds from burning by use of Arsenic 200, and of the pains resulting from contusions by Arnica 200, borders on the marvellous, and can never be so fully attained by the use of lower dynamization.

Even more striking is the quick action with animals; when a cow distended from eating wet clover receives three drops of Colchicum 2X, it recovers, but it rarely requires less than two hours before it is entirely restored; but after taking Colchicum 200, this takes place in half an hour. The fatal white diarrhoea of young pigs, which with Merc 3X usually drags along for two days, is cured by Merc 200 in five to six hours.

In all typhoid cases, without any exception, I used only the 200th potency, and each time only a single pellet. Almost one-third of all the cases were cured with one single dose of 200th potency; only very few received more than three such doses.

The statement that the physician must have at his disposal the whole series of dynamization in order that he may be able to select what may be the most suitable in the circumstances and requirements was regarded by Boenninghausen as an empty phrase.

Advantages of Higher Dynamization, according To Boenninghausen

The advantages of higher dynamization as compared with lower potencies, and even with the thirtieth potency, as observed by Boenninghausen:

The sphere of action of a medicine continually enlarges, higher the dynamization is carried. This is most striking in those remedies which in their raw state excite few symptoms, e. g., Calcarea, Silicea, Natrum mur, Aurum met, Argentum met, Aluminium met, etc. These affect more in their thirtieth potency than in their first or second

trituration. In chronic ailments they hasten the cure.

In acute diseases the curative effects appear more quickly. I can show cases where one dose has continued to act for three months; but this not only in 200C, but also in 30C.

By continual dynamization, remedies are more and more withdrawn from the laws of chemistry. Hahnemann in vol I of Chronic Diseases mentions: A dose of Phosphorus thus highly potentized can lie in a paper envelope in a desk, and will show, if taken after a year, the full medicinal power, not of Phosphoric acid, but of the unchanged, undecomposed Phosphorus itself.

The avoidance of all dangerous concomitant symptoms, which lie outside the symptomatic sphere of the disease in question.

Boenninghausen’s Clinical Cases

Boenninghausen selected cases for his articles from his ‘Records’, which amounted to 68 volumes. Though only a few were published in journals, they were selected by Boenninghausen himself and hence, reflect his prescriptive habits.

Cases are taken up for review for the purpose of understanding the use of potencies and views on posology from Boenninghausen’s articles included in The Lesser Writings.

Methodology

The potencies of various remedies prescribed in these cases were taken as occurrences and the observations were tabulated.

POTENCY	FREQUENCY	PERCENT
6C	1	0.31
30	43	13.48
60	4	1.25
100	1	0.31
200	222	69.59
1M	5	1.57
1500	11	3.45
2M	18	5.64
3M	2	0.63
4M	9	2.82
6M	3	0.94
TOTAL	319	100%

Boenninghausen’s use of potencies

Boenninghausen was in touch with Hahnemann for 13 years and subsequently had nearly 21 years of practice later till his own death. During this period, he had enough knowledge and experience of Hahnemannian Posology, along with his own experiments on various potencies as well as the ‘High Potency’ homoeopaths.

Maximally prescribed potencies by Boenninghausen were

200C = 69.59%

30C = 13.48%

Every 7 out of 10 cases were prescribed the 200th potency.

Nearly 80% [83.07%] of cases were managed with just two potencies, i.e. 30C and 200C.

Only 13.79% of prescriptions were 30C or below, the range of potencies that Hahnemann used more regularly.

Nearly 15% of cases were prescribed 1M potency or higher. This was probably the influence of high potency homoeopaths like Jenichen, Korsakoff and Fincke.

Use of Fifty Millesimal scale potencies mentioned in 6th edition of Organon of Medicine is remarkably absent, though it was with Boenninghausen that he shared the information of the new method.

Boenninghausen uses the term HIGH POTENCY even for the 200th centesimal potency as it was infinitesimally small and higher than those regularly used by Hahnemann.

On Use of Jenichen’s and Korsakovian Potencies

Boenninghausen mentions in one of his cases – “The only circumstance worth noting was that of all the medicines given to her only the high potencies of Korsakoff produced a distinct improvement lasting for several weeks i.e., Sepia 1500; Phos 1500.”

Some of the Jenichen’s potencies that were employed were Sepia 2M, Sepia 4M, Sepia 6M, Sulph 4M, Calc carb 2M, Lyco 2M, Cannabis 200 and Taraxacum 100.

On using range of potencies

Boenninghausen did not feel the need of the physician having at his disposal the whole series of potencies. In **Typhoid and High Potencies**, he mentions that in all typhoid cases, without any exception, he used only the 200th potency. These are some of the instances wherein Boenninghausen used more than one potency of a remedy in the same case. [As mentioned in “Use Of High Attenuations In Homoeopathic Practice”]

Sepia 2M - Sepia 4M - Sepia 6M

Sulph 2M - Sulph 4M - Sulph 6M

Sulph 3M - Sulph 4M

Sepia 200 - Sepia 2M - Sepia 4M

Phos 2M - Phos 4M

On repetition

Most of the cases published in Boenninghausen’s

writings mention remedies given singly, but in alternation and based on symptom similarity. **It seems that Boenninghausen did not believe in ascending or descending the scale of potencies, but relied on alternating the remedies to bring about a relief.**

At one time Aegidi had proposed to Hahnemann the administration of a mixture of two potentized remedies each corresponding to different parts of the disease. In the potentized state the medicines thus mixed would be incapable of chemical reaction but would each act separately in its own sphere. Boenninghausen had approved of the idea, though it was rejected later by Hahnemann and even Aegidi

To illustrate, the follow up of one of his cases –

DATE	SYMPTOMS	PRESCRIPTION
13 th Sept, 1853	Colic, worse morning, motion; Headache, worse morning and motion; Weariness in legs; Thirst, for warm drinks; Constant slumbering day and night; Constant heat but no chill; Face deep red; Menstrual cycle not appeared for two months.	1. Phos acid 200 2. Bell 200 3. Phos acid 200 4. SL One powder to be taken every 24 hours (in evening)
17 th Sept, 1853	Colicky pains and pains in limbs still present; Vertigo, even to swooning when raising herself; Much sleep; perspiration in the morning	1. Bryonia 200 2. Rhus tox 200 3. Bryonia 200 4. SL, one dose daily
21 st Sept, 1853	Not improved; constant delirium; loss of hearing; aggravated in the morning	1. Sulph 200 2. SL 3. Rhus tox 200 4. SL One dose every 24 hours
25 th Sept, 1853	No results. Violent delirium; desire to run away; much thirst. Worse evening and night; hearing not improved; beating about with arms	1. Bell 200 2. Stram 200 3. Bell 200 4. SL, a dose every 24 hours
28 th Sept, 1853	Increased beating about with the arms; does not recognize friends; sees snakes around; face deeper red; constant dry cough at night; grasping at flocks	1. Hyos 200 2. Bell 200 3. Hyos 200, every 12 hours

On administration of remedies

Boenninghausen's methodology for administering the dose usually consisted of:

Each powder was to be dissolved in six or three teaspoonfuls or a cup full of water, well shaken, one teaspoonful was the usual dose administered.

In few cases, the remedy was dissolved in a cup full of water, after stirring, one teaspoonful of this solution was taken into a second cupful of water, and of the latter solution one spoonful was used.

On adjustment of dose

Boenninghausen makes no mention of selecting or adjusting the potency or the dose according to the age, constitution, or the sensitivity or susceptibility of the patient and invariably preferred the 200th potency over the others.

On Olfaction and External Applications

Boenninghausen does not mention skin as a route for the administration of the remedy. His use of external applications has basically been in traumatic ailments and ulcers that were covered with tallow on a piece of linen or bandages.

Boenninghausen wrote that smelling of medicines was beneficial in very painful diseases, in toothache, convulsions and the like, where quick relief was essential. But there are no cases in 'The Lesser Writings' to illustrate this.

CONCLUSION

From the works of Boenninghausen, we can infer and conclude –

Absence of any writings or practice of Fifty Millesimal scale potencies, the knowledge of which Hahnemann writes, that he shared with Boenninghausen in the last years of his life.

Preference of 200th potency over all others over most part of his homoeopathic practice.

Introduced and motivated Fincke and Dunham into homoeopathy and high potency movement.

Approval of high potencies of Jenichen, Korsakoff and Fincke.

Selection of potency irrespective of individual susceptibility, pathology and nature of medicine.

No change [ascent or descent] of potency in the management of acute or chronic cases.

Though repetition was related to amelioration, he exhibited an affinity for alteration of remedies rather than frequent repetition of one remedy or deviation of doses.

Remedies were administered in dry powders or in aqueous doses of a spoonful, but without the intent of deviation of doses.

External applications made use of in traumatic ailments and agreement to the necessity of olfaction in certain cases.

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The Calcarea and Their Scope in Homoeopathy

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Keywords

Calcarea carb, Calacrea silicate, Calcarea phosphoric, Calcarea iodata.

Abbreviations

Cal. – Calcarea, Cal Phos – Calcarea Phosphorica, Cal Mur – Calcarea Muriatica , Cal sil – Calcarea silicate.

Abstract

Calcium is one of the most important earth alkali placed in IIA position in the periodic table. A balanced interaction exists between the calcium levels in the bloodstream and those within the skeletal structure. Calcium was used by the earliest form of life to offer protection in the form of a shell, exoskeleton, etc. In human beings, it occurs primarily in bones that give us stability and protect vital organs like the brain, heart, lungs and the spinal cord. The Calcarea individual endeavours to secure protection externally or cultivate it independently. Any factor jeopardizing their stability and safety induces significant fear in them.

Introduction

The name calcium was derived from the latin word “calx ” (lime). In 1808, Davy pioneered the electrolytic method for metal preparation. The parathyroid gland and cholecalciferol maintain this equilibrium. Equilibrium is maintained by

parathyroid gland and cholecalciferol. About 98% of the calcium in the body is found in the bones. The biochemical use of calcium is formation of bones and teeth, coagulation of blood, contraction of muscles, cardiac action, milk production, relay of electrical and chemical messages, keeping membrane of cell intact, transformation of light to electrical impulses in the retina. Calcium is a major element of the body, it constitutes 1.5- 2 % of the body weight of an adult human. An average adult body contains about 1200 gm of calcium of which 98% is found in bones. Calcium occurs in nature only in a combined state.

Theme of Calcarea

The main feeling of calcarea is the need for stability and security. Calcium provides defence not just for humans through bones but also for earlier life forms through shells. Calcium is like a young child who releases the instability in the outer world so feels the need for the security of a home. Calcium and magnesium have emotional insecurity at their core, but cause of insecurity is different. The emotional insecurity is because of an overprotective background, the Child feels insecure to take a risk, unable to take his own decisions⁽¹⁾.

Important Remedies

Calcarea Acetica, Calcarea Arsenicosa , Calcarea Bromata , Calcarea Carbonica , Calcarea Caustica, Calcarea Chlorinata, Calcarea Fluorata, Calcarea

Hypophosphorosa , Calcarea Iodata, Calcarea Lactica Calcarea Lactica Natronata ,Calcarea Muriatica ,Calcarea Ovi Testea, Calcarea Oxalica, Calcarea Phosphorica, Calcarea Picrica,Calcarea Renalis, Calcarea Silicica, Calcarea Silico-fluorica (Lapis Albus) ,Calcarea Sulphurica

Sphere of Action

Muscles, tendons, ligaments, ducts, tubes, bones, blood and blood vessels, nerve cells and its axons, pleura, peritoneum and synovial membrane, connective tissue, endocrine glands, etc.

Ailments From

MEDICINE	CONSTITUTION
Calcarea arsenicosa	Suited to lymphatic, scrofulous and tuberculous person. Fat women approaching climaxis.
Calcarea bromata	Suited to children who are of lax fibre, lymphatic, nervous and irritable. Fair haired and fat children.
Calcarea carbonica	Leucophlegmatic constitution. Large head and large features with pale skin.
Calcarea fluorata	Scrofulous- indurated glands of stony hardness.
Calcarea phosphorica	scrofulous emaciated children who are slow in learning to walk.

Temperament – Leucophlegmatic.

Miasm - Psora and Syphilitic are predominant

Psora - Calc carb, Calc acet, Calc flour, Calc phos and Calc sul.

Syphilitic - Calc flour, Calc iod

Sycotic - Calc carb.

Thermal Reaction - Chilly Lack of vital heat and chilliness, yet craves cold food. It has profuse cold perspiration, and coldness of the body. ⁽²⁾

Common Characteristic Mental Symptoms^(3,4)

Calcarea is associated with tendencies towards protection and withdrawal. In situations where these fundamental aspects are not assured, individuals with calcarea traits may experience

Fright, grief, disappointed love, malnutrition, imperfect ossification, suppression of eruption, wear and tear, over lifting or straining, fracture, exposure to cold moist wind, work, in water, delayed labor.

Constitution

It has a Hydrogenoid constitution, and the person is bulky, fleshy and flabby but without fitness. Sweat without heat, bones without strength. Everything is slow, sluggish and late at both mental and physical level.

profound despair. Calcareas are consistently preoccupied with concerns about how others perceive them. Ref. “*Delusion that others will see her confusion*”. Plenty of fears and phobias, like fear of heights, disease, poverty, future, that something will go wrong. Depression is the main feature of the calciums. He is intelligent but lack of implementation due to slow and sluggishness at physical level leads to poor performance that does not fulfil his desire.

Children

Tend to be plump, tired and have weak resistance to infections. The child is usually curious, asking questions about religion etc. Due to this imbalance and also their passivity, they develop depression, despair and lose interest in work / business.

Medicine	Important Mental Symptoms
Calcarea Arsenicosa	A person who feels insecure as well as mistrustful, need for people almost a dependence and this along with the mistrust, make him highly anxious and insecure.
Calcarea Fluorica	Calcarea represents the need for stability and security, while Fluor represents the fear of being let down and deserted. He feels as if there is a gradual erosion of his security, this is noted even in the pathology of calc fluor. Eg – carious teeth
Calcarea Iodata	The main feeling of this remedy is that he may be terribly disappointed, betrayed, hurt by the person on whom he is dependent. They are very cheerful, making people laugh, always smiling.
Calcarea Carbonica	There is a need for protection, but in order to get this protection the person does not need to make any efforts.
Calcarea Phosphorica	The main feeling of this remedy is ‘ i am not loved at the place of security, so i should seek love elsewhere, and come home for security’.It is a chief component of bone which not only provides stability to the body but also facilitates its mobility.
Calcarea Silicata	Calcarea person feels insecure, with need of protection and like Silicata he feels the need to maintain a particular standard.
Calcarea Sulphurica	The main feeling of calcarea sulph. Is that he is not appreciated at the place of security. So they constantly trying to do things that will gain him appreciation.

Common Characteristic Physical Symptoms ^(5,6)

Typically, individuals with calcarea traits exhibit a chubby physique and relaxed muscle tone. They tend to be slow and sluggish in their activities, displaying significant inertia. There is a notable aversion to physical work within the calcarea

group.

Desires and Aversions

There is a general worsening of symptoms after consuming milk, and there is an aversion to milk in this group.

DESIRES	Indigested things like chalk, charcoal, pencil, slate, mud. Egg, potato, sweet, and salt.
Salt	Calc carb, Calc flour, Calc sul
Sweets	Calc carb, Calc flour, Calc mur, Calc sul.
AVERSION	Tobacco, coffee, milk and meat Milk aggravates.
Meat	Calc carb, Calc sulp, Calc sil.
Milk	Calc carb, Calc sulp, Calc sil

Dropsy - Both External And Internal

- **External:** Calc carb, Calc ars, Calc phos.
- **Internal:** Calc carb, Calc ars, Calc sil, Calc sulp.
- **Cardiac and renal dropsy:** Calc phos
- **Hepatic dropsy:** Calc carb.

Emaciation And Marasmus

- **Emaciation:** Calc carb, Calc ars, Calc flour, Calc iod, Calc pho, Calc sil.
- **Appetite with Emaciation:** Calc carb and Calc

flour.

- **Emaciation of the affected parts:** Calc carb
- **Weakness of the children:** Calc carb, Calc phos, Calc sil.

Perspiration Cold And Profuse

- **Profuse:** Calc carb, Calc ars, Calc sul and Calc sil.
- **Cold:** Calc carb, Calc iod, Calc phos, Calc sul.

Common General Modalities

Aggravation: Cold in general-draft of cold air, cold food and cold drinks, change of weather, uncovering

Amelioration: Heat in general, rest, slow movement.

Aggravation from physical exertion	Calc carb, Calc ars, Calc fl, Calc iod, Calc pho.
Lying down amelioration	Calc carb, Calc iod, Calc pho, Calc sul.
Aggravation from motion	Calc carb, Calc ars, Calc pho, Calc sul and Calc sil.
Aversion to motion	Calc carb, Calc sul.
Aggravation on ascending	Calc carb, Calc ars, Calc pho, Calc sil.

MEDICINE	IMPORTANT PHYSICAL SYMPTOMS
Calcarea Arsenicosa	Epileptic episodes characterized by a surge of blood to the head prior to the attack, and the aura is sensed in the region of the heart. Nephritis, with great sensitiveness in kidney region. Complaints of drunkards after abstaining (Carbon sulph).
Calcarea Fluorica	A potent tissue remedy effective for firm, stony glands, varicose and enlarged veins,. It addresses hard knots in the female breast and has shown positive influence in numerous cases of cataracts
Calcarea Iodata	Particularly valuable in treating scrofulous conditions, including enlarged glands and tonsils. Thyroid enlargements about time of puberty.
Calcarea Carbonica	Raised blood coagulability (Strontium). Indicated for children who develop excess weight, have a large belly, oversized head, and a pale, chalky complexion.
Calcarea Phosphorica	Particularly effective in cases of delayed dentition and associated issues during that period. Also beneficial for addressing bone diseases and the non-union of fractured bones.
Calcarea ovi Testea	This remedy is employed for simple, non-irritating leucorrhoea. Although it has limited clinical usage, a notable keynote is "Backache, as if broken in two."
Calcarea Sulphurica	Eczema and torpid glandular swellings. Cystic tumors. Fibroids. This remedy is applicable to suppurative processes once pus has found an outlet.
Calcarea Silico-fluorica (Lapis alba)	Grauvogl, who successfully treated a case of carcinoma with it and others have reported successful cures of goiter and scrofulous glands using this remedy. It has shown great power over new growths of many kinds (clark)

Some Important Rubrics From Calcarea Group ^(7,8)

MEDICINE	KENT REPERTORY	PHATAK REPERTORY
Calcarea arsenicosa	Ailments from excitement, emotional. Anxiety, future, about. Anxiety, health, about.	Heart, palpitations, emotions, slight, aggravates.
Calcarea carbonica	Vertigo from high places. Hair, growth of, child's face. Metrorrhagia from fright. Pain, mammae, menses, before.	Ascending aggravates. Hanging limbs aggravates. Religious ideas, in children. Squatting aggravates.
Calcarea fluorica	Anxiety, future, about. Anxiety, money matters, about.	Fear, poverty, of.
Calcarea phosphorica	Taste, bitter for water. Desires smoked meat. Desires fat, ham.	Craves condiments. Growth, affected, disorders of. Mammae, nodes in, walnut-like, in males.
Calcarea silicata	Delusion, talking, dead people, with. Delusion, starve, family will.	Consolation, kind words aggravate.
Calcarea sulphurica	Hatred persons, agree with him, who do not. Lamenting, appreciated, because he is not. Skin: cracks in winter.	Aversion to persons who do not agree with him.

CONCLUSION

Calcarea group in homoeopathy include addressing issues related to bone and teeth development, aiding in cases of delayed milestones in children, and supporting individuals with a tendency towards obesity. particularly when symptoms worsen with exposure to cold and damp environments. However, it's crucial to note that homeopathic remedies are chosen based on the totality of symptoms and the individual's unique constitution.

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The Incredible Calcareas

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Keywords

Calcium group, Calcareas, Periodic table, Homoeopathic Therapeutics

Abstract

Calcium belonging to group IIA, series 2 in Mendeleev's periodic table is the 5th most abundant element in Earth's crust, 3rd most abundant metal constituting about 1.5 to 2% of the adult body weight, and is very useful for maintaining a healthy lifestyle. One of the type/classifications of Homoeopathic Materia Medica is Group Study, where understanding the general character of a particular segment of event, phenomenon or experience for thematic prescribing makes both the study and differentiation of vast Homoeopathic medicines easier. This article elaborates Calcium group identification, its uses, core psychology or mental symptoms and their utility in Homoeopathic prescribing.

Introduction

Calcium a ductile, dull, grey, silvery metallic, alkaline earth element belonging to group IIA and series 2 in Mendeleev's periodic table with symbol Ca, atomic weight 40.078(4) gmol, atomic number 20, is the 5th most abundant element in Earth's crust and 3rd most abundant metal after iron and aluminium constituting about 1.5-2% of the adult body weight. Latin calx or calcium meaning "lime". In 1808, Davy first prepared the metal by electrolytic method. In 1898, by reducing calcium iodide with metallic sodium the pure

metal was obtained by Moissan. Parathyroid gland and cholecalciferol maintain dynamic equilibrium of calcium in between blood and the skeleton of our body. Calcium is added to the bones by osteoblasts and removed by osteoclasts cells. Calcium is useful for healthy bones, muscle contraction, heart action, maintaining the nervous system, and normal blood clotting. Various food sources of calcium include dairy products, leafy green vegetables such as broccoli and collards, oysters, clams, calcium fortified foods, tofu. Calcium is found in the mineral world in the form of chalk, limestone, as ossified deposits, layers of white or grey material consisting the compacted shells of dead microscopic organisms.^{6,10,11,12}

The image shows a standard periodic table of elements. The title 'Periodic Table of Elements' is prominently displayed in the upper right quadrant of the table. The elements are color-coded: Group 1 (H, Li, Na, K, Rb, Cs, Fr) is purple; Group 2 (Be, Mg, Ca, Sr, Ba, Ra) is yellow; Groups 3-10 (Sc, Ti, V, Cr, Mn, Fe, Co, Ni, Cu, Zn, Ga, Ge, As, Se, Br, Kr) are various shades of blue and green; Groups 11-18 (Ag, Cd, In, Sn, Sb, Te, I, Xe) are yellow and orange; and the noble gases (He, Ne, Ar, Kr, Xe, Rn) are pink.

One of the types/classifications of Homoeopathic Materia Medica is Group Study. Group is a noun meaning a number of persons or things together, number of individual things related in some definite way differentiating them from others. The process of understanding the general character of a particular segment of event, phenomenon or

experience can be considered as a group study referring to the method of thematic prescribing making both the study and differentiation of vast Homoeopathic medicines easier. There are different groups in Homoeopathic Materia Medica among them one is Calcarea group also known as calcium group. Hahnemann in his book "The Chronic Diseases" mentioned that the minerals constitute an important class of anti-psoric remedies which was also believed by Dr. Hering and later proved various mineral remedies. This legacy was further carried forward in "Textbook of Homoeopathic Materia Medica Inorganic Medicinal Substances" by Otto Lesser.^{6,10,11,12}

GENERAL MENTAL CHARACTERISTICS: Being an important member of the second column of the periodic table, Calcarea starts feeling its structure but is unable to do anything without help. Though independent still demands constant need for protection and support both mentally and physically, often requiring a father figure just like a child. Carbon fears of not being able to be by his own, is unsure – doesn't know he's worth, his capability, so remains passive or adapts to the situation, timid, just watches, hides as he feels he is watched by others. Child tells their mother, "Do you think I am pretty?" They are very much sensitive to criticism. The central delusion of Calcarea is sensitive to others will notice their confusion, what people will say or think on the contrary in *Calcarea sulphurica*, there is a great need to be appreciated, hence the symptom lamenting because she is not appreciated. Another main theme i.e. insecurity about others' reaction frequently comparing themselves with others. There is a great anticipatory fear of disease, poverty, future and something will go wrong. They are even uncertain about their task and know not what to do. Bewildered and overwhelmed. Carbon revolves around the theme of ego and individualisation. Being a member of the carbon series, the theme of separation, representing a stage of a toddler with the development of an individual as "who am I?" immediately followed by "what am I worth?", "what is the value of the world?", "what is the meaning of life?" The element represents the development of the body, physical vitality, and self confidence in childhood. Series 2 are syctic remedies so do Calcareae.^{7,8,9}

Calcium in the living world is manifested as the shells of Molluscs, marine worms, corals, many crustaceans, bryozoans, crinoids and sea-urchins and the calcareous spicules of sponges typically like *Calcarea* patient profoundly immobile. They use their calcareous shells as shields as armour plating for protecting themselves from change and in the wars of existence. We must also not forget the calcareous shells of bird's egg. As we find an oyster shell to be hard likewise the theme of protection and their withdrawal from the society is also to be found.^{7,8,9,13}

On one hand *Calcarea*, a member of stage 2 likes to be watched whereas paradoxically they are afraid to perform if it doesn't meet their standard. *Kali* being an important member of stage 1 will simply consider his work as duty with a feeling to fulfil their task without thinking much about it; workaholic. The strong desire for hard work is also found in *Calcarea* but thinks about the way he works, is suddenly conscious of the fact that both himself and others will watch his performance, and wonders what the outcome of this observation will be. They feel that if criticism should be behind closed doors, they usually don't criticise.¹³ *Silicea* is also afraid of appearing on stage, feeling all eyes were on him, and his image must be protected at any cost; image conscious.¹⁴

REMEDIES IN CALCAREA GROUP

- *Calcarea acetica* – Clinically in cases of membranous exudation and excruciating cancer pain. Severe itching of anus. Useful in migraine and cough where expectoration is loose along with constrictive sensation.^{1,2}
- *Calcarea arsenicosa* – Epilepsy with aura felt in the region of the heart. Infantile hepatosplenomegaly. Nephritis with albuminuria and dropsy. Slightest emotion causes palpitation with dyspnoea.^{1,2}
- *Calcarea bromata* – Affects children of lax fibre, nervous and irritable with gastric disturbances. Tendency of brain disease. Cerebral irritation and congestion with insomnia, removes product from uterus.^{1,2}
- *Calcarea calcinata* – Useful in cases of warts.²
- *Calcarea caustica* – Stiffness and tearing pain

in back, jaw and malar bone. Coccygodynia. Pain in heel & left tendo Achillis. Effective in corn and influenza.^{1,2}

- *Calcarea chlorinata* – Useful in cases of boils and carbuncles.^{1,2} Removes odour of garlic and onion from breath.⁵
- *Calcarea fluorica* – Effective in dispersing bony growth, ulceration and fistula. Giant-celled sarcoma. Indurated stony hardness of neck gland and breast. Goitre. Encysted tumour of eyelids. Lumbago from strain <rest >moving, warmth.^{1,2}
- *Calcarea hypophosphorosa* – Dull, heavy, pressive pain between frontal and occipital bones increasing with depression. Acne pustulosa skin is habitually cold. Several abscess in and around knee-joint. Mesenteric tuberculosis. Angina pectoris. Bleeding from lungs, veins stand out like a whipcord.^{1,2}
- *Calcarea iodata* – Scrofulous enlarged glands, follicular tonsillitis and thyroid enlargement in flabby pubertal children. Nodular breast tumour, painful <touch, moving arm. Copper coloured skin with swelling of the glands (Hodgkin's disease). Profuse thick, yellow secretion from the respiratory tract. Ulcers indolent with varicose vein.^{1,2}
- *Calcarea lactica* – Useful in cases of anaemia, haemophilia where coagulability in blood is diminished. Nervous headache with oedema of eyelids.¹
- *Calcarea lactica natronata* – Useful in checking haemorrhages from lungs. Acts on blood to reduce alkalinity relieves chilblain, urticaria, asthma and hay fever.²
- *Calcarea lactica phosphorica* – Principally acts during cyclical vomiting and migraine.¹
- *Calcarea muriatica* – Useful in glandular swellings, indurations-soften and disappear, in scrofula and boils. Obstinate cases of vomiting where no food had been taken. Jaundice. Gastric pain in left hypochondrium with bloating and eructations.²
- *Calcarea nitrica* – They have a fear that other people will watch them enjoying while going to parties, restaurants or any functions. They are very hurried in their work. Hay fever,

lachrymation, sneezing and nasal voice. Menses copious, myomas.¹³

- *Calcarea ova tosta* – Effective in controlling suffering from cancer. Useful in warts. Backache as if broken in two, tired feeling, bland leucorrhoea.^{1,2}
- *Calcarea oxalica* – Useful in allaying the pains of cancer.²
- *Calcarea ostrearum* – Principally affects fair, fatty and flabby children with increased perspiration over the head. Glandular and scrofulous affection causing polypi and exostosis. Deep muscle abscess. Childrens crave eggs and indigestible things, dirt with sensitiveness to cold from damp environment.¹ Dr. Hering proposed to call it *Calcarea ostrearum* instead of *Calcarea carbonica* as Hahnemannian *Calcarea carbonica* contained traces of Carbonate of lime.¹⁵
- *Calcarea phosphorica* – Children are emaciated with dirty-white/brownish look and crave salty smoked meat, fat bacon. They have both fontanelles open, skull is thin, soft cracks like paper when pressed. Complaints arises due to defective nutrition leading to bone deformity especially spine. Rickets. Gouty, scrofulous constitution.^{1,2}
- *Calcarea picrica* – Remedy for recurrent chronic boils particularly on thinly covered muscle tissue such as shine bone, coccyx, and auditory canal. Perifollicular inflammation.^{1,2}
- *Calcarea renalis* – Tendency to accumulate tartar on teeth gravel and renal calculi. Arthritic nodosites.^{1,2}
- *Calcarea silicata* – Hydrogenoid constitution, weak, emaciated, cold and chilly patients, <being overheated though sensitive to cold. Uterus heavy, prolapsed with irregular menses, painful leucorrhoea. Flow between periods(metrorrhagia). Skin itching, burning with pimples, comedones and wen.¹
- *Calcarea sulp stibata* – Haemostatic and absorbs uterine myoma.⁴
- *Calcarea sulphurica* – Dry eczema and glandular cystic swelling, mucous discharges are yellow, thick and lumpy.^{1,2}
- *Lapis alba* – Affects elastic and pliable glands,

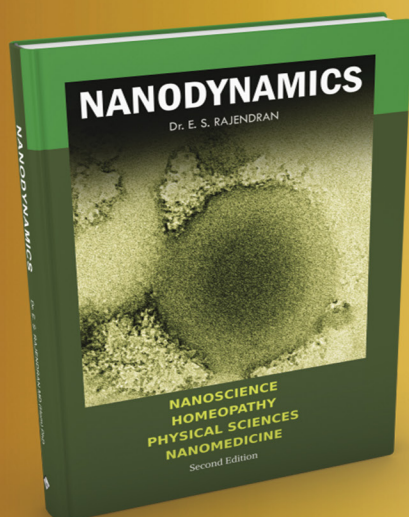
goitre, pre-ulcerative carcinoma. Uterine carcinoma with profuse haemorrhage and burning pain.¹

DISCUSSION AND CONCLUSION

Calcarea is closely related to Silicea in mental relationship and similar in scrofulous diseases of children but both are easily distinguishable. Calcarea head sweats are sour, confining to the scalp, rather than the offensiveness of Silicea. Calcarea feet are damp from sweat but do not make them sore or raw like Silicea. Calcarea lacks the touch sensitivity of Silicea.¹⁴ Kali can also be easily compared with Calcarea despite few similarities. Role of calcium in modern medicine is just a supplement, but it is one of the most indicated and needed remedies in day-to-day homoeopathic practice. This article thus upholds the mental uniqueness of Calcarea with its various indications while comparing with the other closely related medicines making an unmistakable prescription for the upcoming dynamic homoeopathic physicians.

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NANODYNAMICS

- Extensive research by Dr Rajendran makes this book a worth while read for practitioners of Homoeopathy who are keen to know and establish the scientific validity of this science.
- A compendium of research findings which question the basic principles upon which the current conventional biomolecular medicine stands and opens a way to the future medicine
- The book is a gateway to a deeper and personalized nanomedicine which offers radical cure to diseases at the genetic level
- A foundation to revolutionize the science of medicine for humankind, flora and fauna. this book integrates the personalized nanomedicine of homeopathy into the gene regulatory mechanisms in biological systems

The Scope and Significance of Calcarea in Homeopathy

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Keywords

Calcium, Calcarea features, Single rubric

Abstract

In the mineral world, calcium is primarily found in chalk and limestone, which are ossified deposits that are layers of white or grey material made mostly of the compacted shells of dead microscopic organisms that once lived in oceans millions of years ago and accumulated over eons to become rock. Calcium was discovered in 1808 by Sir Humphry Davy. In homeopathy, Calcium plays a major role in many diseases and action on bones.

Introduction

One important mineral in the body is calcium, which makes about 1.5–2% of an adult person's body weight. The bones contain 99 percent of the calcium in the body. The calcium in the skeleton and the blood are in a state of dynamic equilibrium. Your body needs calcium to make and maintain strong bones as well as to perform a number of other vital tasks. The body stores almost all of the calcium that gives teeth and bones their structure and hardness. For muscles to contract and for nerves to transmit signals from your brain to every area of your body, your body needs calcium. Additionally, calcium aids in the release of hormones that

have an impact on numerous bodily functions and helps blood vessels carry blood throughout the body. Vitamin D responsible for absorption of calcium in the body.^{1,2,3}

Calcarea carbonica has the ability to increase apoptosis in cancer cells by fortifying the immune system and promoting the interaction of multiple pro- and anti-apoptotic proteins.⁴

The Calcarea group of sponges has roughly 400 species that have been identified. Although they are present in all seas, calcarea sponges are mostly found in temperate regions. Biogeographic climates arctic ocean indian ocean atlantic ocean pacific ocean, mediterranean sea, Exclusively marine and mostly in temperate climates, Calcarea sponges are frequently found in shallower, protected seas less than 1000 m. They are connected to coral reefs in tropical areas. Temperate tropical saltwater or marine habitat regions Maritime Biomes⁵

Source

The major source of calcium is milk and milk-derived products. Additional sources include seafood, fruits, vegetables, cereals (such as ragi, which is high in calcium), and water. Though their bioavailability is low, green leafy vegetables are the least expensive natural source of calcium. The concurrent consumption of green leafy vegetables negatively impacts the availability of calcium from a good source, such as milk. An

adult should take 400–500 mg of calcium per day.^{1,6}



Nomenclature⁷

Symbol: Ca

In Periodic Table: Group 2.

Series In Periodic Table: 4th

Atomic Wt: 40.07

Atomic No: 20

Synonym: Quick Lime

Physical Properties of Calcium⁷

Color: Silvery-white metallic

Phase: Solid

Hardness: Relatively soft metal and has a malleable property.

Crystalline structure: Cubic

Melting point: is 842°C

Boiling point: is 1484°C

Uses of calcium

Utilized as a drying agent for making alcohol

Blood coagulation, Control of neuromuscular irritability and Muscular contractility, depend on calcium flowing in the blood.

Ion exchange, which is crucial for preserving the equilibrium of calcium in the blood and bone, is made possible by the interactions between calcium ions on the surfaces of bones and those

found in physiological fluids.

Calcium can be employed as a reducing agent during the extraction of metals.

As an alloying agent, calcium is also utilized in the manufacturing of various metals.

It is utilized in the glass industry, calcium carbonate is used to manufacture mortar and cement.

Constitution

Those with a leucophlegmatic constitution, or an overabundance of water in the body, respond well to this therapy. This cure works best on fair, obese, flabby people who sweat a lot on their heads. In addition, they frequently experience extreme cold, have more mucous discharges, and feel quite cold. This constitutional type describes children with huge heads, large features, pale complexion, a chalky appearance, and enormous abdomens who are also overweight. They also tend to sweat a lot on their heads and have an intense craving for eggs and indigestible things.

Physical Appearance¹⁰

Fat fair flabby

Gigantic

Moon face

Obese – calc carb, aceticum(menopausal women), ars

Lean – phos, iod, fluor, silicate

Calcarea Remedy

Calcarea carbonica

Calcarea acetica

Calcarea arsenicosa

Calcarea fluorica

Calcarea iodata

Calcarea phosphorica

Calcarea sulphurica

Calcarea silicate

Features of Calcarea Group¹²

Subjective

All calcarea remedies are right sided
Slightest exertion, perspiration on head, and eyes
Sour smell discharge
Perspiration sour
Tendency to cold
Thirstless

Calcium for coagulation belong to non coagulable
bleeding, brownish haemorrhage, from
leucorrhoea,

Stool bloody
Haemorrhage from anus

Bloody urine

Menses protracted

Bloody expectoration

Haemorrhage will be cause anemia

All remedies are Thirsty except calc phos

Desires

Warm food, Liquid food, Alcohol, Icecreams(calc
ars, calc phos), Sausages

Smoked meat,pork– calc phos

Dried food- calc carb

Salt- calc sulph, calc fluor

Sweet – calc sulph, calc mur, calc phos

Spices – phos, sulph, iod

Warm food – calc ars

Aversion

Milk- calc carb, calc sulph

Meat – calc carb, calc sil, calc sulph

Egg – calc fluor

Growth (both benign and malignant)

Growth of Calcarea group belongs to sycotic
miasm

Glandular, warts,

Lipoma, ganglion(lapis alba, baryta, ruta)

Atheroma, Enchondroma, Cystic tumors – filled
with fluids, Over eyelids growths, Ranula

Sarcoma growth, Lymphoma, Molluscum, Fibroid
large (calc fluor)

Ear Polyp- phos, iod

Nasal Polyp -Sang, lemna minor , phos

Rectum polyp – calc phos

Cervical polyp – calc carb

Discharge

Sour, Profuse, lumpy, Offensive, thin, Purulent

Modalities

< Cold in general. Damp weather, Exertion

> Heat in general, Rest, Lying on abdomen.

Miasm¹¹

Majority symptoms of calcareas are miasmatic
backgrounds. These are the polycrest showing all
miasm

Predominant sycotic miasm in – Calcarea
carbonica, calcarea fluorica

Predominant Psoric miasm in calcarea phos,
calcarea ars (no growth, no degeneration)

Predominant Syphilitic miasm in calcarea fluorica,
phos, iod.

Calcarea Ruled Out When

When a person is autonomous and does not
require any help.

When an individual is not attached to his family,
mother or father.

When someone acts quickly, hurriedly, and
with great speed (apart from Calcarea-phos and
Calcarea-iod).

When the illness progresses quickly and causes
rapid devastation.

When someone doesn't care about money

When someone does not take great care of their
health.

In situations where someone lacks anticipation.

Clinical Conditions

Obesity, Oedema, Anorexia, Nausea, Vomiting, Constipation, Malnutrition, Imperfect Ossification, Fractures, Osteoporosis, Anxiety, Seizures, Bronco-spasm, Depression, Renal stone, Gallbladder and Salivary stone, Delayed labor.

Single Rubric Of Calcarea Group

Complaining, offenses long past
 Delirium fire, talks of
 Delusion someone over it
 Delusion confusion, imagines others will observe her
 Delusion room, garden, is a
 Discontented coition after
 Fear confusion that people would observe her
 Frightened roused when
 Lamenting appreciated because he is not
 Laughing chills during
 Prostration of mind from talking
 Sadness mirthful in evening
 Sensitive when hearing of cruelties
 Sensitive on going to sleep
 Slowness calculation in
 Starting at the pricking of a needle
 Thoughts of nothing but murder, fire and rats
 Wildness from unpleasant news
 Vertigo from vertex
 Vertigo from windy weather
 Congestion of head from icy coldness
 Bloody eruption on head
 Fullness in head from pressure of hat aggravation
 Agglutinated of eyes during menses
 Shadows on one side of objects
 Discoloration of root of nose

Malignant tumor in mouth

Calcareous deposit in throat

CONCLUSION

Hahnemann was the first to investigate the complimentary links between the remedies of the three kingdoms and the resemblances between the minerals and miasmatic states. We have a problem that is comparable in scale to the study of man in that other vast subject—the endless study of the Homeopathic Materia Medica. Drugs differ from one another not so much because of their composition, weight, color, size, or taste, but rather because of the spirit contained inside them. Since every medicine with therapeutic value has unique likes and hates, cravings, and aversions, these characteristics set each drug apart from the others, even if many may be identical.

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Understanding the Link Between Temperaments and Patient in Relationship to His Disease

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Keywords

Temperaments, Homeopathy, Sanguine, Constitution.

Abstract

The homoeopathic system of medicine is based on the therapeutic law of nature, where the patient is treated with regard to the law of similimum. When choosing a similimum, an individualistic approach is considered, because the main principle of homoeopathy is that every person is different and unique. This means that no two people are the same, their constitution, their physical and mental makeup is completely different. In homeopathy, understanding a person's temperament is crucial in selecting the right remedy. Temperament refers to the innate and characteristic features of an individual's personality, emotions, and behavioral patterns. By considering the temperament of a person, homeopaths can better tailor their treatment and achieve effective results.

Introduction

Temperament and Homoeopathy

The dynamic view of the Mind/Body constitution has its roots in Pythagoras, its trunk in Hippocrates and its fruit in Hahnemann. Hahnemann integrated the Hippocratic temperaments and humors into the Classical Materia Medica because it helps us to understand 'Who' we are treating, as well as 'What' they suffer from. This is true to such an extent, that the state of the patient's Mind and

Temperament is often of most decisive importance in the Homoeopathic selection of a remedy, since it is a sign possessing a distinct peculiarity, that should least of all escape the accurate observation of the physician.

Dr. Samuel Hahnemann was the first physician to fully integrate into medicine the innate constitution, the spiritual, mental and emotional temperament, the instinctive vital force, inheritance, predispositions, single and multiple causations, susceptibility, infection, acute and chronic miasms as well as the complete objective signs, coincidental befalling and subjective symptoms.³ Hippocrates is normally thought of as the father of constitutional medicine but Hahnemann brought this study to its perfection in Homoeopathy.

Temperament refers to the individual differences in emotional and behavioral tendencies that are relatively stable across situations and over time.

The word 'Temperament' is derived from a Latin word "temperare" which means "to mix"; the word itself suggests a relation between behavioral predispositions and basic biological substrates.⁴

These temperaments are to a very large extent physiological, but besides the stature of the patient the matter of temperaments implies coloring, functional tendencies of circulation, elimination, respiration, and so on, and at the same time mental and emotional tendencies in reaction to environment and circumstance- H.A. Robert¹

Characteristic combination of bodily, mental, moral

qualities, which together constitute the character and disposition of an individual and predispose to act and behave in a particular manner. -Webster Universal Dictionary

Throughout history, various psychological theories and models have attempted to categorize and understand different temperamental traits. Here are a few notable studies and theories related to temperaments:

Hippocrates' Four Temperaments

In ancient Greece, Hippocrates proposed the theory of four temperaments based on bodily fluids (humors) and their balance. The four temperaments were choleric (irritable), melancholic (sad), sanguine (optimistic), and phlegmatic (calm). While this theory is not scientifically validated, it laid the foundation for future temperament research. Hippocrates associated each of these humors with an element in the universe and atmospheric conditions: Black bile: related to earth, with cool and dry qualities. Yellow bile: associated with fire, with dry and warm qualities. Blood: related to air, has moist and warm qualities. Phlegm: related to water, has moist and cold qualities.

Galen (130-200 AD) a Greek physician, philosopher, proposed a theory of temperament, His theory, often referred to as the "Four Humors," was based on the idea that the human body was composed of four essential fluids, or humors, which determined a person's physical and psychological characteristics.

The theory revolves around the concept of bodily fluids or "humors," which were believed to influence a person's health and temperament. According to Galen, there were four primary humors: - Blood with joy, called the Sanguine Temperament, Phlegm with worry anger, called the Phlegmatic Temperament, Yellow bile with anger, called the Choleric Temperament, Black bile with sadness, called the Melancholic Temperament.

Dr. Samuel Hahnemann's Views on Temperaments

Dr. Samuel Hahnemann's (1755–1843) views on temperaments were influenced by the traditional concept of the four temperaments,

which originated in ancient Greek medicine and philosophy. Sir Hahnemann has very well mentioned about Temperament, Diathesis and Susceptibility in his writings: In *Organon of medicine*, §5, §31, §135³

Hahnemann's '*the Chronic Disease*':- Hahnemann included the observations of Ludwig Christian Junker in the main body of text of *The Chronic Diseases*. This quote shows how the four classical temperaments and various diathetic constitutions condition the signs and symptoms produced by the suppression of psora, In *Vide the Chronic Diseases*, Volume I, Page 17.

Dr. Boenninghausen's Views on Temperaments

Boenninghausen's approach to temperaments aligned with his homoeopathic principles and his understanding of individualized treatment. In his minor work "Assessment of the Characteristic Value of Symptoms" he stated wrote the following under the title Quis, meaning "who"; it primarily belongs to this gender and age; then body constitution and temperament.

Dr. Allen's Views on Temperaments

Dr. Allen's approach to temperaments and constitutions was rooted in the traditional four temperaments: sanguine, choleric, melancholic, and phlegmatic. He believed that each person had a dominant temperament that influenced their physical and psychological traits.

Repertorial Views on Temperaments

The repertorial view of temperament has been discussed by many stalwarts. Among them Knerr, Murphy, Clarke have done significant work in their Repertories.

The Complete Repertory⁵ by Roger van Zandvoort includes the rubric "Temperaments" under the Mind section. In Lippe's Repertory, includes the rubric "Temperaments" under the Chapter Mind and Disposition. In Clinical Repertory by Clarke includes the rubric "Temperaments" under the Chapter Repertory of Temperaments. Murphy's Repertory includes the rubric "Temperaments" under the Chapter Constitution.

Homeopathic Management According to

Temperaments

Each temperament reflects a distinct set of qualities and tendencies. Homeopathy has adapted and expanded upon these four classical temperaments, considering additional characteristics and nuances. By identifying a person's dominant temperament, homeopaths can obtain valuable insights into their emotional, mental, and physical state.

The melancholic temperament is associated with introspection, sensitivity, and perfectionism. Melancholic individuals tend to be thoughtful, creative, and analytical. However, they can also be prone to depression, anxiety, and fears.

The phlegmatic temperament is marked by calmness, tranquility, and an easy-going nature. Phlegmatic individuals are often reliable, patient, and content. However, they may also struggle with inertia, laziness, and a lack of motivation.

The sanguine temperament is associated with a lively and optimistic disposition. Sanguine individuals are typically sociable, enthusiastic, and full of energy.

The choleric temperament, on the other hand, is characterized by ambition, assertiveness, and goal-oriented behavior. Choleric individuals are driven, competitive, and enjoy taking charge of situations.

The concept of temperaments, or constitutional types, is an essential component of understanding the overall state of an individual. Here's how knowledge of temperaments can be helpful in homeopathic treatment:

In selection of similimum

Homeopathy is highly individualized, and the same health condition may be treated differently in two people based on their unique constitutions. Understanding a person's temperament helps in selection of the most appropriate remedy to the individual's physical, mental, and emotional characteristics.

According to Dr. J. H. Allen: As we study temperament closely we see that peculiar temperament is predisposed to certain forms of disease. In this we see a fixed law or principle involved.²

SANGUINE: (Liver) Febrile inflammations, Diarrhea, Tachycardia, Lassitude.

CHOLERIC: (Gallbladder) Insomnia, Burning at cardiac, Hyper-esthetic.

MELANCHOLIC: (Spleen) Insomnia, Depressive

PHLEGMATIC: (Brain/Lungs) Rheumatism, Constipation, Sleepiness, and Anesthetic

In understanding the "Ailment from"

Temperaments are thought to represent a person's inherent nature and tendencies. By identifying the dominant temperament, aim is to understand the underlying factors contributing to an individual's health issues. By understanding a person's temperament and addressing underlying imbalances, homeopathy seeks to enhance the body's resilience and reduce the likelihood of future health issues.

In the selection of Potency

The Higher potencies are best adapted to sensitive persons of the Nervous, Sanguine or Choleric temperament; to intelligent, intellectual persons, quick to act and react; to zealous and impulsive persons.

Lower potencies and larger and more frequent doses correspond better to torpid and Phlegmatic individuals, dull of comprehension and slow to act; to coarse fibered, sluggish individuals of gross habits. - Dr. Stuart Close.

In the understanding the outcome of treatment

Different temperaments may respond differently to the same remedy. Monitoring a patient's response to a prescribed remedy helps in the assessment of its effectiveness and make adjustments as needed for complete treatment.

Sanguine: Quick, Short lived.

Choleric: Quick, Short but Sustained.

Melancholic: Long and Sustained.

Phlegmatic: Delayed and short lived

Let's understand the significance of temperaments in the following Research Study:-

Title: - Importance of Temperament in Individualized Homoeopathic Prescription: Evaluation by an Open,

Randomized, Pilot Trial 6

The importance of temperament in the selection of an individualized homeopathic medicine has not been evaluated systematically. The current study explored this under-researched area. Design -Double-blind, randomized, two parallel arms, placebo-controlled trial.

Fifty protocol-compliant patients were analyzed. The two groups were comparable at baseline. Over 3 months of intervention, there was significant improvement ($p < 0.01$) in each group. Though improvement in the EQ-5D-5L score was greater in the temperament(+) group (mean difference, 2.4; 95% confidence interval [CI], 0.2 to 4.5), the change did not achieve the threshold for statistical significance ($p = 0.029$). Improvement in VAS score was significantly greater in the temperament (+) group than in temperament (-) patients (mean difference, 15.2; 95% CI, 4.9 to 25.4; $p = 0.004$). Over 3 months of intervention, there was significant improvement in both groups, but improvement was higher in the temperament (+) prescription group than the other (CTRI/2018/03/012433)

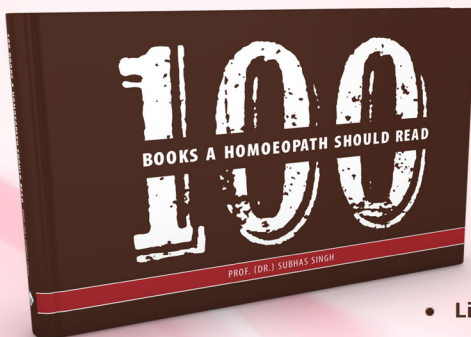
This study provides evidence to say that considering temperaments in prescription is

effective in selecting the simillimum.

Many practitioners tend to miss the importance of temperaments, Hahnemann incorporated Hippocrates temperaments and humors into the classical Materia Medica because it helps us understand "whom" we are treating as well as "what" they are suffering from. He believed that a person's temperament, along with their physical symptoms and constitution, played a crucial role in determining the appropriate homeopathic remedy.

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- Additionally, author life sketches are important for a student of homoeopathy from an academic point of view

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“



Shruti Gaur

It's a wonderful initiative really glad to be a part of it as it really helped me to learn and challenge myself to participate and gain more knowledge in a unique and fun way thanks alot for this great opportunity.



Wadhar Dhruvi M

"This quiz can give us platform for presenting our knowledge and increasing our knowledge.By this quiz marathon we learn more about the homoeopathic more and medicine and our homoeopathy."



Dr Ansalin A R

It's very knowledgeable and interesting to participate. Kudos to Bjain Publishers for this wonderful initiative. .



Naseem Qasmee

I believe the Quiz Marathon by Bjain is a fantastic initiative by Bjain publishers as it promotes learning and knowledge in an engaging way. It not only challenges participants but also encourages them to expand their horizons. The quizzes are a great platform for individuals to test their knowledge and discover new information.



Sheetal

It's a very good platform for homoeopathic students to explore questions



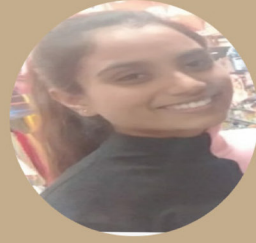
A Raghavendra

Bjain marathon is very good initiative. So by this quiz competitions students are able to test their knowledge and learn how to approach any other competitive exams. Thank you



Zohra fatima

A wonderful platform to learn more about homeopathy and through the quiz competitions learning has become easy .



Roshani yadav

I like it most because it tells my strengths and preparation .



Jhanvi Padariya

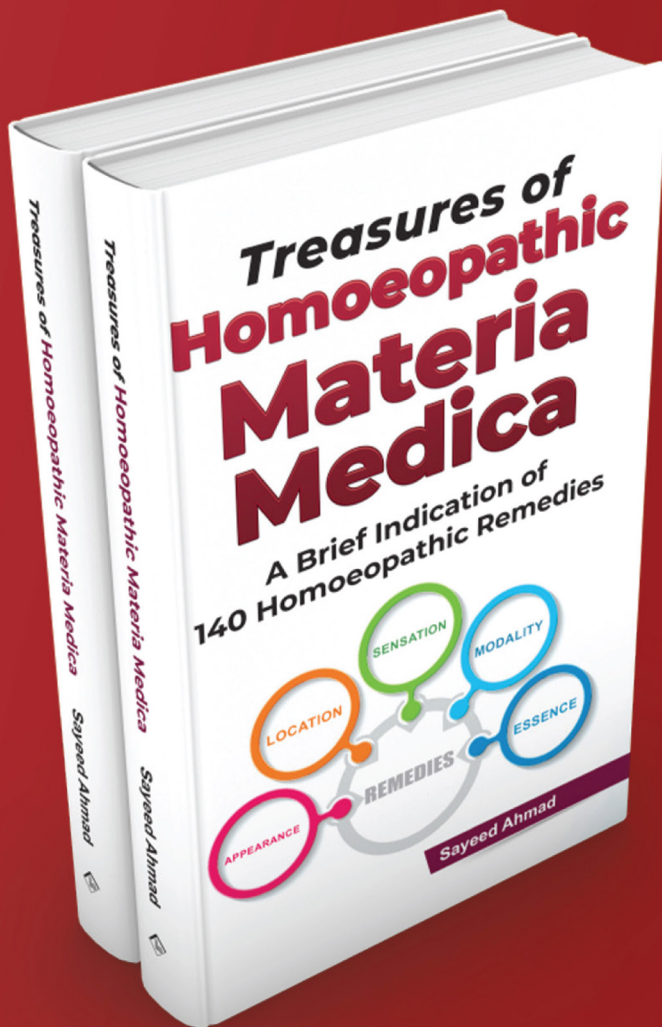
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”

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Symptoms on tips- The medicine has been described in very comprehensive and basic English language that even a layman can understand.

Explore key aspects of medicines- This book details each medicine under the 5 key headings- appearance, location, sensation, modality, essence- the five aspects which complete a symptom.

Quick before exam guide- This book serves as Quick guide to refer medicines for students appearing for exam .

Clarity and authenticity - The author has detailed all medicines for students of homeopathy from the exam and practice point of view. By focusing on the essential points mentioned under each drug, readers can quickly grasp the essence of remedy.

Word meanings- The author has presented references to the meaning of tricky medical terms at the end of each page as well as at the end of the book. This provides complete insight into the medicine and ensures a comprehensive understanding of the medicines.

HOMOEOPATHIC MANAGEMENT OF LEFT OVARIAN CYSTS, ASSOCIATED WITH HEPATOMEGALY, AND SMALL INTRAMURAL FIBROID TREATED WITH INDIVIDUALISED HOMOEOPATHIC MEDICINE CALCAREA CARBONICA – A CASE REPORT

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Keywords

Left Ovarian cyst, Hepatomegaly, and small intramural fibroid. Constitutional homeopathic treatment, *Calcarea carbonica*.

Abstract

Ovarian enlargement is usually due to the accumulation of fluid inside the functional unit of the Ovary cystic or solid, and may occur at any age. A 34-year-old, Hindu, married woman from a middle-class status family was pre-diagnosed with features of a left ovarian cyst, Hepatomegaly, and small intramural fibroid. Her chief complaint was severe pain in the left iliac region and right hypochondriac region for one year. It was treated successfully by a single individualized homoeopathic medicine *Calcarea carbonica*.

Introduction

An ovarian cyst refers to a fluid-filled sac formed in one or both the ovaries. Ovarian enlargements that are both functional and inflammatory usually always occur during the childbearing years. The ovaries, which are a component of the female reproductive system, are primarily responsible for producing and releasing hormones and eggs.

The majority of publications state that between 8% and 18% of premenopausal and postmenopausal women have ovarian cysts, although estimates of the prevalence of ovarian cysts vary greatly. Most cysts that develop after menopause last for years. Though about 13% to 21% of ovarian cysts are cancerous, 5% to 10% of women in the US have surgical exploration for these cysts at some point in their lives. ^[1,2]

Hepatomegaly is the term for an enlarged liver that is larger than usual. An enlarged liver can result from several illnesses, including infection, parasites, tumors, anemia, toxic states, storage diseases, heart failure, congenital heart disease, and metabolic abnormalities. These ovaries contain tiny follicles that develop during the menstrual cycle and vanish once the egg is released. When a follicle in the ovary either doesn't release its egg or doesn't disintegrate afterward, or both, an ovarian cyst is created. The follicle swells and forms a bubble filled with fluid as a result. Women often have ovarian cysts, which can manifest as symptoms, or they might go for a very long time without any symptoms. ^[3]

This disorder is commonly characterized by lower abdominal pain, irregular menstruation, and abrupt weight gain. Hormone imbalance

has been identified as the primary culprit. Other factors that predispose a woman to develop ovarian cysts include the existence of underlying medical disorders like endometriosis or fibroids. Ultrasound scans are typically used to diagnose these cysts, and appropriate treatment can be implemented. In many instances, the cyst may go away on its own in a matter of months, requiring no additional care. On the other hand, these cysts have the unusual potential to develop malignancy. [1,4]

Case Report

Presenting complaint

A 34-year-old, Hindu, married woman from a middle-class status family was present at OPD of R.B.T.S. Govt. Homoeopathic Medical College and Hospital Muzaffarpur on 27 Jun 2023. Her complaints were pre-diagnosed features of a left ovarian cyst, Hepatomegaly, and small intramural fibroid. Her chief complaint was severe pain in the left iliac region and right hypochondriac region for one year. And hypochondriac pain was aggravated during pressure. The character of pain was gradually increasing and sometimes radiated to the lumbar region. Her menstrual complaint was regular, clotted, and painful. And her severe lower abdomen pain started 1 to 2 days before menstruation and during menstruation.

History of Presenting Complaint

The symptoms started slowly for eight months. There was a heaviness sensation in the lower abdomen during the beginning of each menstrual period. The intensity of lower abdomen pain was gradually increasing and she had been taking allopathic medicine for 7 months after the medication pain was relieved but it was not a permanent cure.

Past History

She has been suffering from Chickenpox since the age of 10 years. Treated homoeopathically. There was no type of history of palliation.

Family History

Her Father was suffering from rheumatoid arthritis & Mother was suffering from hypertension. Her uncle was also suffering from rheumatoid arthritis,

which was treated with allopathic medicine.

Personal History

The patient was a teacher and was married for 8 years, and She has two children, her age was 2 years and 5 years. She lived in a congested area.

Patient Details

Mental Aspect

The affection of the mind in general; Great indifference to everything, great forgetfulness in the morning. She had great confusion of mind in the morning, especially in waking hours. And always desire for company. Sometimes patient was irritable in hot summer weather. And her weeping tendency sometimes appeared. The patient had sometimes anxiety with palpitation.

Physical Generals

She was fat and flabby, small and bright. Her appetite was less with sometimes nausea and vomiting. And desire for eggs, a cold drink, and cold water. Aversion- to meat. Her Thirst was normal (2-3 liters/ day in summer session). Her Tongue was moist with a slight yellow coating. She was chilly, her urine was generally normal, generally stool was constipated & stool was knotty soft, and difficult to evacuate. She sleeps well Normally (6-7 hours/day), but there was sometimes a specific Dream of a ghost. And her perspiration was normal.

Menstrual History

Her LMP was appeared on date 17.06.2023. Painful Irregular menstruation with normal bleeding, flow, bright red, clotted, and pain in the lower abdomen and left iliac region. The pain started before 1to 2-day before and during menstruation and gradually increased. The pain was stopped after the menstruation period. Sometimes Periods may last longer than normal. During menses sometimes pain in the frontal head.

General Physical Examination

Her pulse rate was 76/minute, Temperature 98°F, Height: -150 cm, and B.P.: -112/80 mm Hg. her patient was conscious, and alert, and clinically, mild pallor was observed; Her cyanosis, oedema, jaundice, or clubbing were not detected. She was

Case Report

fat and flabby, and her weight was 65 kg.

Physical Examination

A systematic examination of the abdomen was essential. left lower iliac region and lower abdomen tenderness during palpation. Also, tenderness with pain in the right hypochondriac region during palpation. The abdominal examination should begin with an inspection followed by auscultation, and dullness appears during percussion.

Laboratory Investigation

Finding Ultrasonography (USG) of the whole abdomen on date 18.06.2023, Impression: A cystic area size 24 x 11 mm was seen in the left ovary, small intramural fibroid of size measuring 11x8 mm was seen in the uterine fundus region and a Liver was enlarged in size measuring 169mm.

Diagnosis Left Ovarian cyst, Hepatomegaly, and small intramural fibroid.

Justification of Diagnosis U.S.G. Report and Symptomatic.

Analysis & Evaluation of Symptoms

S.N.	SYMPTOMS	ANALYSIS	EVALUATION	MIASM ^[5]
	Desire for company	Mental general	++	Psora
	confusion of mind in the morning, on waking hours	Mental general	+++	Psora-sycotic
	Dryness of tongue in the morning on waking hour	Particular	++	Psora
	Pain in lower abdomen < before and during menstruation, < pressure	Particular	+++	Psora-sycotic
	Pain in right hypochondriac region < during pressure	Particular	+++	Psora-sycotic
	Pain in the left iliac region			
	menses clotted, and painful during	Particular	++	Syco-syphilitic
	small intramural fibroid in the uterus	Particular	++	Sycosis
	Ovarian cyst	Particular	+++	Sycosis
	desire for cold drinks, cold water, and eggs	Physical general	++	Psora-syphilitic
	Aversion from meat	Physical general	++	Syco-syphilitic

Repertorial Sheet^[8]

The Repertorisation was completed using Radar opus (Synthesis Repertory).^[8] A *Calcarea carbonica* covers maximum rubrics at a particular level with the highest-scoring medicine.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
3. Clipboard 3	2	1	4	2	3	1	1	2		1	1	2	1	1	1	1	1		2		3	1	1	1	1
1. MIND - COMPANY - desire for (189) 1	2	1	2	1	2	1	2		2	1	1			2	1	1	3			1	1		2	1	
2. MIND - CONFUSION OF MIND - morning - waking, on (55) 1	2	3	2	3			1					3									1			2	1
3. MOUTH - DRYNESS - Tongue - morning - waking; on (20) 1	2	1	2	3	2	3	2	2	1	1	1			2	2	1	1	2	1	2	1		2	1	1
4. ABDOMEN - PAIN - menses - before - agg. (99) 1	3	3	2	3	1	3	2	3	1	1	2	1	2	1	1	1	2	2	2	3	1	2	1	1	1
5. ABDOMEN - PAIN - menses - during - agg. (158) 1	2	1			3	2	2	1	1	1	2	1	1		3	1		2	2				1	1	1
6. ABDOMEN - PAIN - Hypochondria - right - pressing pain (49) 1								3											2						1
7. ABDOMEN - PAIN - Iliac region - left (25) 1									3										2				2		
8. FEMALE GENITALIA/SEX - MENSES - clotted (152) 1	3	2	1	3	2	3		1	1	1	1	3	3	1	2	2	3	3	1	2	2	2	1	2	1
9. FEMALE GENITALIA/SEX - MENSES - painful - beginning, at (13) 1	2					1												2							
10. FEMALE GENITALIA/SEX - TUMORS - Ovaries - cysts (70) 1	1	1	2	1	1		1	1	1	1	1	2	1	1	1	1	2	1	1	1	1				
11. FEMALE GENITALIA/SEX - TUMORS - Uterus (100) 1	2	1	3	1	1	2	3	1	1	1	1	1	1	1	1	1		2	1	2	1			1	1
12. GENERALS - FOOD AND DRINKS - cold drink, cold water ... (276) 1	2	1	3	1	2	1	1	2	2	3	1	2	2	3		1		3		2	2	2	1		
13. GENERALS - FOOD AND DRINKS - eggs - desire (63) 1	2	1	1	2	1	1	1																	1	
14. GENERALS - FOOD AND DRINKS - meat - aversion (228) 1	3	3	2	3	2		3	3	1	2	2	2	1	2	1	2		3		3	2	1	2	2	1

Prescription

R_x

Calcarea carbonica 200/1 Dose /OD (morning with empty stomach)

Selection of Remedy with Justification

After reportorial analysis, *Calcarea carbonica* has

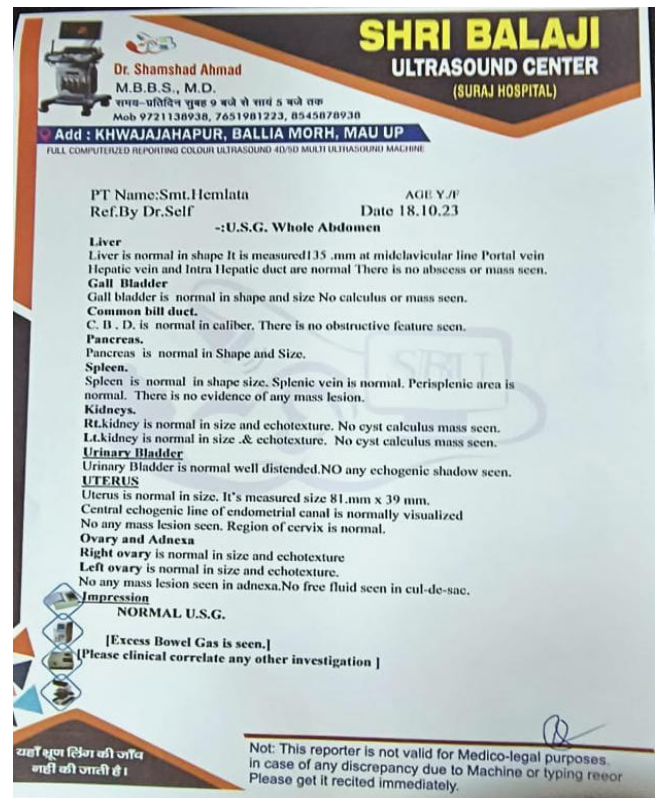
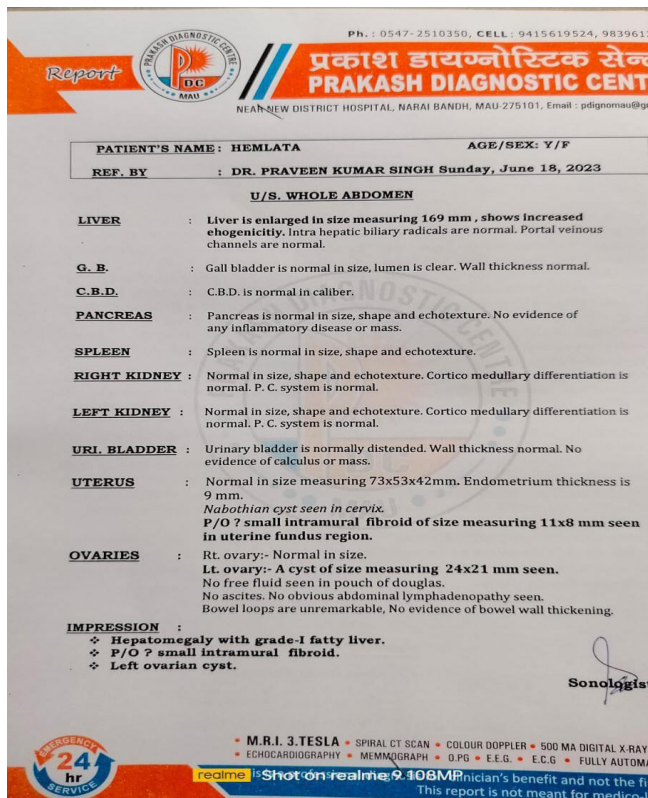
Follow-up Sheet

covered most of the symptoms and the highest score. After consulting *Materia Medica*^[7,9] *Calcarea carbonica* was found to be most appropriate for this case covering general including physical and mental pictures as well as thermal reaction.

Selection of Potency with Justification

It was best on the susceptibility of the patient.^[6,10]

Date of visit	Change in symptom	Prescribed medicine /potency/dose
13/07/2023	mental general >, Pain in lower abdomen >, Pain in left iliac region 25% >, Nausea and vomiting tendency subside. Pain in the right hypochondriac region slightly decreases.	Placebo 1 dram /BD
28/07/2023	mental general >, Pain in lower abdomen > before and during menses, Pain in left iliac region 35% >, Pain in the right hypochondriac region 50%>. Menses appear on date 15-07-2023. Menses clotted >>. Physical general symptoms also >.	Placebo 1 dram /BD
14/08/2023	mental general >>, Pain in lower abdomen >> Pain in left iliac region 55% >, Pain in the right hypochondriac region 50%>. Physical general symptom also >.	<i>Calcarea carbonica</i> 1M/1 Dose /OD (morning with empty stomach) Placebo 1 dram /BD
31/08/2023	Generally, no improvement in symptom	Placebo 1 dram /BD
16/09/2023	mental general normal in condition, Pain in lower abdomen subside, Pain in left iliac region 75% >, Pain in the right hypochondriac region >>>. Menses appear on date normal in condition. Physical general symptoms subside.	Placebo 1 dram /BD
03/10/2023	No any type of complaint regarding pain, Advised USG report on the whole abdomen.	Placebo 1 dram /BD
19/10/2023	All symptoms were subsided, U.S.G. report was normal on the date 18-10-2023.	Placebo 1 dram /BD



DISCUSSION AND CONCLUSION [6,10]

The outcomes of homoeopathic treatment in the patients have been favorable. It is crucial to remember that to provide better care, to patients with left ovarian cysts, Hepatomegaly, and small intramural fibroids. must have comprehensive physical and mental assessments. Individualization was carried out in both situations based on the patients' mental symptoms, and prescription decisions took their dispositional traits into account.

Dr. Samuel Hahnemann established homoeopathy, as an alternative system of medicine based on the therapeutic principle "Similia Similibus Curenter," which translates to "let likes be treated by likes." The foundation of homoeopathic practice, individualization, and susceptible constitution, Individualization is the process of identifying a person's peculiar or unique features that set them apart from other people and tailoring a solution to suit them. In this case, case reports of such instances were treated with individualized homoeopathic medicine. Not only did homoeopathy offer encouraging outcomes in terms of symptom relief for patients,

but USG reports provided proof that the cure was possible.

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Pityriasis Versicolor Treated with Calcarea Carbonica: A Case Report

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Keywords

Pityriasis versicolor, individualisation, *Calcarea carb.*

Abbreviations

M. – *Malassezia*, B.D. - Twice a day.

Abstract

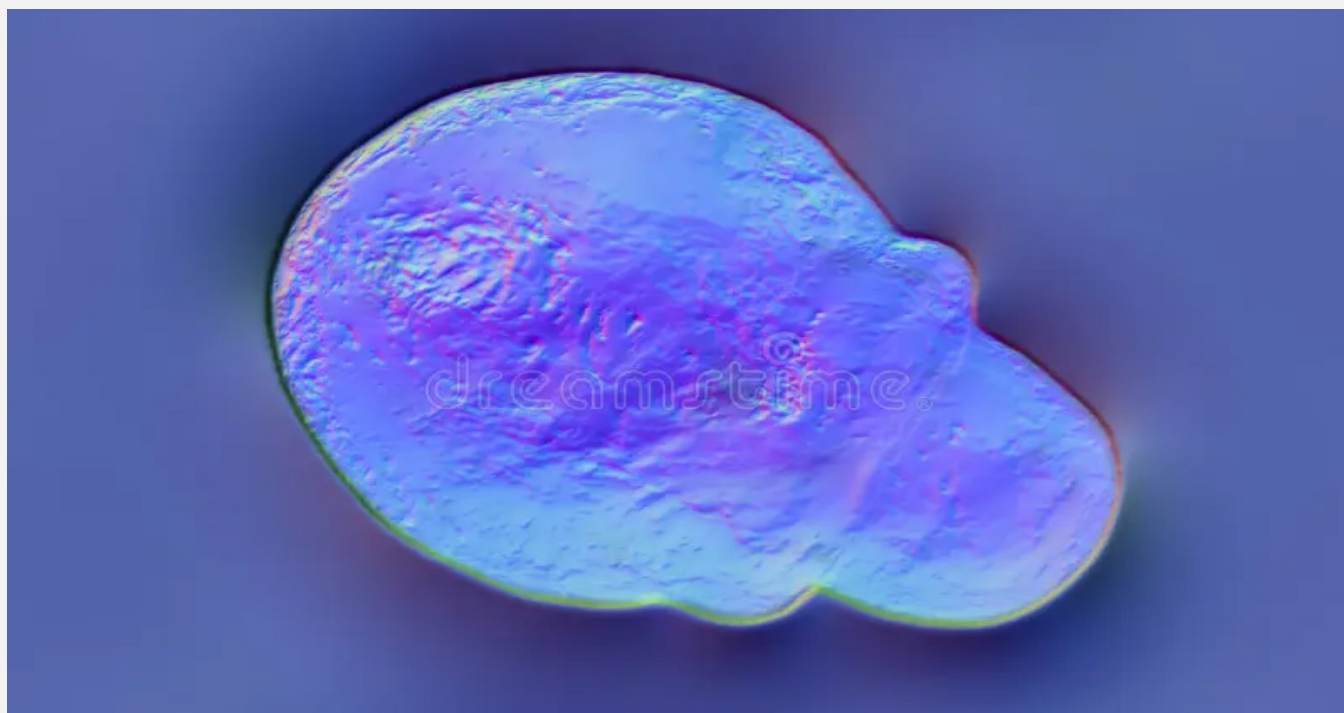
In the following article, a case of a 20 years old female suffering from Pityriasis versicolor for almost 8 months, is being discussed. The case was recorded and studied thoroughly and then was treated on the basis of totality of symptoms, using holistic approach of homoeopathy by the

prescribed medicine i.e. *Calcarea carb.*

The aim of the article is to show the potential and effectiveness of the individualised homoeopathic medicine, which is *Calcarea carb* in this case of Pityriasis versicolor.

Introduction

Pityriasis versicolor is also known as Tinea versicolor or Dermatophytosis furfuracea. It is an infection caused by mycelial growth of the fungi of the genus *Malassezia* which depend on sebaceous lipids for survival. The most common species cultured from Pityriasis versicolor are *M. globosa*, *M. restricta*, *M. furfur* and *M. sympodialis* ⁽¹⁾.



It is an infection of the skin commonly seen in teenagers and adults but can be seen in any age group. The fungus lives on skin and when it grows out of control, it causes discoloration of the skin producing patches lighter or darker in colour than the surrounding skin⁽²⁾. The infection is non-contagious and doesn't spread from one person to another. The fungus most commonly affects the trunk and proximal extremities, especially shoulders, which corresponds to that of 'ladies bathing suit' area of the body⁽³⁾. Sometimes the patches may also occur in the face, especially in young girls.

Humidity, hot weather, oily skin, excessive sweating and weak immune system are some of the favourable conditions for the growth of the fungi⁽²⁾.

Diagnosis

The appearance of the fungal growth is very typical and can be recognised by presence of hyper/ hypo pigmented macules. In doubtful situations, skin scrapings can be taken from the patches. It is easy to demonstrate the fungal element i.e. hyphae or clumps of spores in a mount of scraping prepared in 10 - 20 % of potassium hydroxide or sodium hydroxide as the characteristic *Spaghetti and meatballs* appearance⁽²⁾.

Case study

Chief complaints

A female aged 20 years came with the complaint of itching on back and discoloration of the affected area in spots. Itching was intense mainly in the morning and on bathing.

Location: back

Sensation: itching with burning

Modalities: Aggravation- warmth, in bed, washing.

Amelioration- application of coconut oil

History of the present complaints

The patient was apparently well 8 months back, according to the patient herself and her mother. The complaint gradually started with itching on the back followed by white discolouration of the skin with slight scales. There was no discharge but the lesion kept on progressing over a period

of time.

Personal history

She is 20 years old, married for 1.5 years with no child yet.

Past history

The patient had typhoid at the age of 12, for which she has taken conventional medicines.

Family History

Father, aged 50 years, has had hypertension for the last 6 years and he is managing it with conventional medicines.

Mother, 42 years old is suffering from multiple joint pain for the last 2 years for which she is taking homoeopathic medicines.

Gynaecological history

Menarche at the age of 11 years. Never conceived yet. Menses appears 6-7 days early, lasts for 5-6 days, with mild pain in lower abdomen, back and legs lasting for 2 days.

Mental generals

While enquiring, it was found that she is low spirited individual with many fears. She has an intense fear that she will be sickened with some serious incurable disease. She feels exhausted all the time. Her mother explained that she does not want to do anything, she has great irritability and obstinacy.

Physical generals

She had an adequate and regular appetite. She eats 3 meals a day which include 2 or 3 chapatis with small amounts of vegetables or dal and rice. She desires sweets and dislikes meat and fatty food. Her tongue was clean and dry. She was a chilly patient who cannot tolerate cold weather. But she perspire profusely especially over the scalp at night. Her bowels were satisfactory with no complaints for urination. She complains of difficulty in respiration even after slight exertion. Her feet were cold to touch. She had a sound sleep but she has dreams of dead bodies.

Diagnosis

Diagnosis was made on the basis of clinical symptoms and signs, physical examination of the patient.

Analysis and evaluation of symptoms

Sl.No.	Symptom type	Symptoms	Evaluation of symptoms	Miasmatic analysis ⁽⁷⁾
1.	Mental general	Fear of serious disease	++	Psora
2.	Mental general	Laziness	+	Psora
3.	Mental general	Irritability	++	Psora
4.	Physical general	Perspiration on scalp in night	+	Psora
5.	Physical general	Desire for sweets	+++	Psora
6.	Physical general	Dreams of dead bodies		Syphilis
7.	Particular symptom	Itching from warmth of bed	++	Syphilis
8.	Particular symptom	Itching on bathing	++	sycosis

Table 1. Analysis and evaluation of symptoms with miasmatic analysis

Repertorial totality

S. No.	Symptoms	Rubrics
1.	Fear of serious disease	MIND – FEAR- disease, of impending- incurable, of being
2.	Laziness	MIND – Laziness
3.	Irritability	MIND – Irritability
4.	Perspiration on scalp in night	HEAD- PERSPIRATION of scalp- night
5.	Desire sweets	GENERALS – FOOD and DRINKS – sweets – desire
6.	Dreams of dead bodies	DREAMS – DEAD BODIES
7.	Itching agg. from warmth of bed	SKIN – ITCHING – bed agg., in
8.	Itching agg. From bathing	SKIN – ITCHING – bathing- agg.

Table 2. Conversion of symptoms into rubrics

Repertorisation

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
1. Clipboard 1	15	14	11	10	8	8	10	10	9	9	9	9	9	9	9	9	9	8	8	8	8	
1. MIND - FEAR - disease, of impending - incurable, of being (25) 1	1				1															1		
2. MIND - LAZINESS (382) 1	2	3	2	2	1	1	3	3	2	2	2	2	1	2	2	2	2	1	1	2		
3. MIND - IRRITABILITY (645) 1	3	3	2	3	1	3	2	3	2	3	3	3	3	3	3	3	3	3	3	3	3	3
4. HEAD - PERSPIRATION OF SCALP - night (29) 1	3		2	2	1	1	1	1		1		1	1	1						1		1
5. SKIN - ITCHING - bed agg.; in (42) 1	1	2	2	1			1		1		2		2	1	1	2	1	2	1	2		1
6. SKIN - ITCHING - bathing - agg. (6) 1	1	2			1															1	2	
7. DREAMS - DEAD BODIES (86) 1	2	1	1	1	2	1		1	3	1	1	1	1		2	1	1			1	1	
8. GENERALS - FOOD AND DRINKS - sweets - desire (285) 1	2	3	2	1	2	1	3	2	1	2	1	2	2	2	1	1				1		

Prescription

After Repertorisation, *Calc. carb.* possessed highest grade and highest matching of the symptoms. Here *Calc. carb.* was selected on the basis of mental as well as physical symptoms of the patient ^{(4), (5)}.

On 6/3/2023 *Calc. carb.* 200/ 1 dose empty stomach was prescribed along with placebo two times daily for 7 days after taking the meal.

Selection of the dose and potency

As per *Organon of medicine*, aphorism 247 of 5th edition ⁽⁶⁾, and according to the susceptibility of the patient, the 200th potency was selected. Here, the patient was highly susceptible and she was suffering from this affection since a long time, hence the case was started with a single dose of high potency.

Repetition of the remedy

Every well-chosen remedy need to be repeated at suitable intervals as per aphorism 246 of 5th edition of *Organon of medicine* (6). After initial improvement, it came to a standstill condition and hence the remedy was repeated on date .

Advice

Patient was asked to clean the affected area

Follow up

Date of visit	Response	Medicine prescribed
13/03/2023	No change seen. The lesion as well as the itching were same as before	Rubrum 200/ 6 globules B.D. for 7 days
21/3/2023	There was slight relief in itching	Rubrum 200 / 6 globules B.D. for 7 days
29/3/2023	The itching was much better and there was slight change in the discolouration of the skin	Rubrum 200/ 6 globules B.D. for 7 days
6/4/2023	There was no itching anymore. Skin discolouration was more better than before	Rubrum 200/ 6 globules B.D. for 7 days
12/4/2023	No itching and no discolouration	

Picture of the Patient



Figure 1 Before Treatment

Figure 2 During Treatment

Figure 3 After Treatment

CONCLUSION

In the case discussed, one can see how a homoeopathic individualised medicine helps to manage a chronic case of Pityriasis versicolor. Homoeopathy possesses a potential scope in management of skin infections. Homoeopathy is an artistic and holistic treatment for such cases.

Here, with the help of a single dose of *Calcarea carb*, complete cure of the case occurred without any side effects. It manages to diminish not only the intensity of severe itching but also helps to treat the discolouration of the skin, as the medicine is selected according to the symptom similarity and individualisation, with emphasis on totality of symptoms.

with water regularly, and maintain hygiene. Avoid using harsh soaps and chemical cosmetics. Avoid any other topical application and to avoid applying oily products. It was advised to wear only cotton fabric clothes with loose airy fitting. The patient was also advised for some dietary management like avoidance of any kind of spicy or fatty food and pickles.

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The Efficacy Of Calcarea Carbonica In The Treatment Of Stunt Disease In Black Pepper Plant

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Keywords

Homoeopathy,Stunt disease,calcarea carbonica

Abstract

Homoeopathic medicine shall be an eco-friendly measure for biodiversity and health care.Effect of homoeopathic medicines in treating viral diseases in black pepper plants has been studied in this work using Calcarea Carbonica.

*Methodology:*30 Black Pepper plants with stunt disease were selected from Indian Institute Of Spices Research Calicut.These 30 plants were divided into 2 groups (viz. A & B) of 15 plants each.Pre-study assessment done with Stunt Disease Symptoms Assessment Chart for each plant from both groups. The study continued for the period of 5 consecutive months.Photographs of the plants maintained from the beginning. Plants in Group A (Control Group) watered daily twice with 1L of plain water.Plants in Group B (Experimental Group)watered 2 times daily with1L of medicated water [20 drops of Calcarea Carbonica in low potencies(30c) is mixed in 1L of water].It was noticed that the extent of symptoms varies significantly between both groups.**Results:** Plants in group B showed significant increase in length of stem compared to that of plants in group A, and also the symptoms like wrinkling of leaves and discoloration of leaves were improved

highly in plants of experimental group compared to that of plants in control group. All plants in experimental group have attained maximum marks in stunt disease assessment chart at the end of treatment.

Introduction

Homoeopathic medicines are not only available for the treatment of human beings and animals, Homoeopathic medicines are also an ideal methodology in the treatment and control of diseases and pests of any kind to plants,. Potentized homeopathic medicines can alter physiological activities of plants. It can alter the rate of enzymatic activities, total sugar, protein and chlorophyll contents in plants.The benefits of agro homeopathy include improvement in soil quality, reduction in fossil fuels consumption and pollution, economic savings and preservation of natural ecology, thereby directly saving the environment. The environment goes green with homeopathy. With Proper selection of drug and its potency, Agro Homeopathy can be an efficient and very cost-effective alternative that can increase farmer's income by lowering the input cost of Chemical fertilizers and insecticides.Viral disease is one of the serious and emerging constraints in all black pepper growing countries. Yield loss due to the disease may vary up to 85%. Agrochemicals such as pesticides and fertilizers have sharply

increased the yield from cultivation. But at the same time have resulted in environmental and ecological damage. Homeopathic preparations do not lead to any accumulation and toxicity in the environment, offers relatively cheap and have no ecological side-effects.

Stunt disease has been reported from black pepper growing countries such as Brazil, Indonesia, India, Malaysia, Philippines, Sri Lanka and Thailand. In India, Higher incidence of this disease was noticed in black pepper plants grown at higher altitudes. Mosaic, mottling, and formation of malformed leaves with reduced size are the most obvious symptoms for identifying the disease in the field. When infection becomes severe, leaves become rough, narrow and leathery in the form of a sickle. The length between nodes of the stem reduce drastically leading to stunting of the plants.

Viruses like Cucumber Mosaic Virus (CMV) and piper yellow mottled viruses are associated with the disease.



Calcarea carbonica is chosen as the remedy based on repertorial totality.

Generalities : dwarfishness⁻³⁺

Skin : discoloration, pale⁻³⁺

Skin : Wrinkled, shrivelled⁻²⁺

Sensation and complaints in general :Distortion⁻²⁺

Female : Sterility⁻³⁺

Generalities : weather:hot, Agg⁻²⁺

Aim

To Study the efficacy of Calcarea Carbonica in the treatment of stunt disease in black pepper plant

Objective

To study the efficacy of Calcarea Carbonica in the treatment of stunt disease in black pepper plant

To evaluate the scope of homoeopathy in the treatment of stunt disease in black pepper plant

Materials And Methods

Selection Of Samples

Sample size – 30.

Sampling technique - Random Sampling.

Source Of Data

Black pepper plants will be taken from, Indian Institute of Spices Research, Calicut.

Inclusion Criteria

Black Pepper plants from Indian Institute of Spices Research, Calicut.

Black Pepper plants showing the symptoms of Stunt Disease covering only the above selected totality.

Exclusion Criteria

Black Pepper plants which are complicated with diseases other than stunt disease

Methodology / Brief of the Procedure

30 Black Pepper plants with stunt disease have been selected from Indian Institute Of Spices Research Calicut.

These 30 plants have been divided into 2 groups (viz. A & B) of 15 plants each.

Each plant has been labeled with a number.

Pre-study assessment done with Stunt Disease Symptoms Assessment Chart for each plant from both groups.

Plants in Group A (Control Group) watered daily twice with 1 L of plain water.

Plants in Group B (Experimental Group) watered 2 times daily with 1L of medicated water [20 drops of Calcarea Carbonica in low potencies(30c) is mixed in 1L of water]for 3 consecutive days.

Follow up observations recorded at intervals of 2

weeks with Stunt Disease Symptoms Assessment Chart for each plant from both groups.

Same steps been repeated if there were no improvement after 2 weeks

The study was continued for the period of 5 consecutive months.

After the study period observations for each plant from both groups (Pre-study, During study, Post study) were represented in the tables and results have been presented.

Photographs of the plants have been maintained from the beginning.

Selection Of Tools

Stunt Disease Symptoms Assessment Chart.

GROUP:		PLANT NUMBER:		
SCORE	2	1	0	
COLOUR OF LEAF	Dark Green	Light Green	Yellowish green	
NEW LEAVES				
OLD LEAVES				
SHAPE OF LEAF	Normal	Narrowed	Narrowed & Wrinkled	
NEW LEAVES				
OLD LEAVES				
DISCOLORATION IN SPOTS ON LEAF	No Spots	Few Spots	Many Spots	
NEW LEAVES				
OLD LEAVES				
LENGTH OF STEM	Normal	Average	Below Average	
TOTAL				
GRAND TOTAL				

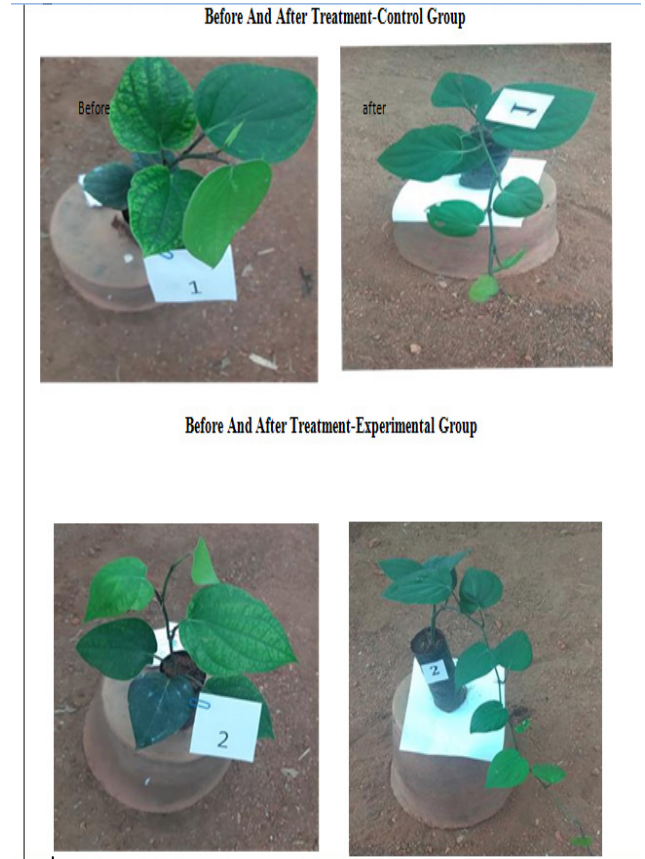
Measuring Tape / Ruler.

Outcome Assessment

Improved – Difference between Pre-study & Post study score by 3 or more in Stunt Disease Symptoms Assessment Chart.

Not Improved – Difference between Pre-study & Post study score by 2 or less in Stunt Disease Symptoms Assessment Chart.

Observation and Analysis



Discussion

It was noticed that the extent of symptoms varies significantly between both groups. Group A (Control group) showed no significant change in marks when observed under the stunt disease symptom assessment chart. But group B (Experimental group) showed a certain increase in marks when observed under the stunt disease symptom assessment chart in the first 2 weeks. Further on subjecting the plants to growth under the respective groups, there was a significant difference in marks in group B (Experimental group) compared to that of group A (Control group). Plants in group B showed significant increase in length of stem compared to that of plants in group A, and also the symptoms like wrinkling of leaves and discoloration of leaves were improved highly in plants of experimental group compared to that of plants in control group. All plants in the experimental group have attained maximum marks in the stunt disease assessment chart at the end of treatment.



CONCLUSION

The obtained data shows that calcarea carbonica has a significant influence on treatment of stunt disease in black pepper plant in comparison to control group. Control group showed very less improvement in symptoms compared to the experimental group when observed under the stunt disease symptoms assessment chart. Further studies are to be conducted on stunt disease affected black pepper plants to substantiate and prove current data.

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“Calcarea Sulphuricum” “A Boon For Dissolving Slough In Wounds”

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Keywords

Calcarea.sulphuricum, Slough, Wound healing, Sulphur, gypsum, Schuessler's twelve tissue remedies.

Abstract

Many years ago Schuessler introduced this remedy, and it has been used extensively upon the bio-chemic theory. Calcarea.sulphuricum was one of the Schuessler's twelve tissue remedies. It is Schuessler's "Connective Tissue Salt" and it has been extensively used as a biochemic remedy especially in suppurative conditions. Wound healing is a calcium-mediated process. After cutaneous injury, a cascade of events occurs which ultimately results in tissue repair. Tissue repair is classically divided into an inflammatory phase, a granulation phase, and a scar-remodelling phase. A plethora of cells, enzymes, cytokines, hormones and ions are involved in this process. One of the most important ions involved in this process is calcium. Calcium is a key secondary messenger that is involved in several signalling cascades critical to wound healing. Calcium influx into cells is known to regulate inflammatory cell infiltration, fibroblast proliferation and keratinocyte migration. Sulphur is known as a healing mineral, and a sulphur deficiency often leads to pain and inflammation associated with various muscle and skeletal disorders. Several beneficial compounds containing sulphur express themselves with healing in our body. It has anti-bacterial, antifungal & antimicrobial effect. Sulphur prevents and treat wound infection in patients with serious burns.

Background and Rationale

The ancient Egyptians used plaster for securing the joints of pyramids and taking casts of human figures. The large deposits of gypsum around Paris permitted its widespread use in the 18th century to plaster walls for fire protection. Plaster of Paris became popular as an orthopedic dressing in the mid-19th century by a Dutch surgeon named Mathysen. In Germany, Dreesmann was able to document healing in six of eight bone defects using plaster of Paris and phenol, but its use was slow to develop despite acceptances of asepsis and sterile technique in the 20th century. Peltier and colleagues wrote a landmark article on its usefulness with bone defects in 1959, documenting the bone activity in animal studies and correlating it with clinical cases. Since the clinical use of calcium sulfate predated the existence of the FDA (Food & Drug Administration)¹, it was designated a class II special controls device in 1998, requiring institution of voluntary consensus standards for its use. This consensus is known as "surgical grade," reflecting purity and consistency of the material. The first calcium sulfate marketed was Osteoset, available in pellet form, and more recently as an injectable (Minimally Invasive Injectable Graft, MIIG). Both preparations are compatible with antibiotic powder and are therefore useful in the local delivery of antibiotics for the treatment of infected bone nonunion. Other marketed calcium sulfate products include Calceon (Synthes USA) in pellet form, and BonePlast (Interpore Cross, now Biomet), which is moldable and injectable. Jax-CS (Smith & Nephew, Memphis, Tennessee) comes in granular form but can be administered manually or with a syringe.

Furthermore, calcium has an established role in the normal homeostasis of skin and is a modulator of keratinocyte proliferation and differentiation. These features are highly relevant in the skin, which exists in a perpetual state of dynamic equilibrium with its environment. Gradients of calcium concentration increasing from 0.5 mM in the basal layer to > 1.4 mM in the stratum granulosum are consistent with migration patterns in response to minor abrasion (normal wear). Dermal fibroblasts require calcium but are approximately 100 times less sensitive than keratinocytes. Normal calcium metabolism in the skin is dependent on cell membrane and cytosolic calcium binding proteins (calmodulin, cadherins, etc.), but their modulation through parathyroid hormone, vitamin D or growth factors in normal or damaged tissue is not well documented. In wound repair, calcium is predominantly involved as Factor IV in the hemostatic phase, but it is expected to be required in epidermal cell migration and regeneration patterns in later stages of healing.²

Intravenously administered, calcium-based nanoparticles (i.e., they synthesized pH-sensitive calcium-based nanoparticles) can acutely decrease open wound size via contracture. They hypothesize that their contraction effect is mediated by the release of ionized calcium into the wound bed, which occurs when the pH-sensitive nanoparticles disintegrate in the acidic wound microenvironment. Nanoparticles increased fibroblast calcium uptake *in vitro* and caused contracture of a fibroblast populated collagen lattice in a dose-dependent manner. Nanoparticles also increased the rate of fibroblast proliferation. This is the first study to demonstrate that calcium-based nanoparticles can have a therapeutic benefit, which has important implications for the treatment of wounds.²

A Retrospective study was conducted on effectiveness of Calcium Sulfate Antibiotic Beads as Adjuvant Therapy in Vascular Graft Infections. According to the study, biodegradable calcium sulphate beads were impregnated with antibiotics and were implanted into the tissues releasing high concentrations of antibiotics over 4-8 weeks. It was observed that Calcium sulphate / Calcareo sulphuricum antibiotic beads had arrested the

infection in patients by inhibiting the proliferation of the bacteria and reduced the recurrence of the infections when compared to patients who had undergone standard care therapy. This was successful when the calcium beads were used in limited quantity. This study has revealed that the use of calcium sulphate beads has reduced the mortality of the patients.³

Sulphur is known as a healing mineral, and a sulphur deficiency often leads to pain and inflammation associated with various muscle and skeletal disorders several beneficial compounds containing sulphur express themselves with healing in our body. Glucosinolates are one of them, found primarily in crucifer vegetables such as garlic, onion, cabbage, broccoli and cabbage, and leafy green veggies like kale, collard greens and arugula. It has anti-bacterial, antifungal & antimicrobial effect. Prevents and treat wound infection in patients with serious burns. Eg:- silver sulphadiazine (sulfa antibiotics) works by stopping the growth of bacteria that may infect the open wound. This helps to decrease the risk of the bacteria spreading to surrounding skin, or to the blood where it can cause a serious blood infection. "Sulphur kills bacteria and draws out oil, which in turn reduces build-up in pores", explains board certified dermatologist Dendy Engelman, MD. Like the more well-known salicylic acid, sulphur is a keratolytic, which means it causes mild shedding of the top layer of the skin. This helps clear away dead skin cells that can contribute to clogged pores, breakouts, uneven texture, and dullness.⁴

Homoeopathic Approach to Wound Healing

Schuessler introduced this remedy and it has been extensively used as a biochemic remedy especially in suppurative conditions. But J H Clarke tells us that, in his last edition, Schuessler discarded it because it was not an actual constituent of the tissues, and that he distributed its functions between Silica and Natrum Phos.⁵ Proved by Dr. C. Herring 1847, Dr. Clarence Conant of U.S.A. in 1873 and W.H. Schussler. It is an impure sulphide of calcium, and has a wide sphere and deep action in suppurative processes. Homoeopaths, having no biochemic theory to support, may continue its use without scruple, especially as it has been proved by Dr. Herring and others. It is found in

nature as Gypsum and dissolved in spring water.⁵

It is in the pure form, a chemical compound of Calcium and Sulphuric acid. The hydrated sulphate of calcium occurs native, forming gypsum, a transparent and regularly crystalline variety of which is called selenite. It is prepared by precipitating a solution of calcium chloride with dilute sulphuric acid. The precipitate is to be washed with hot water and dried at about 30°C (86°F.). Calc-s. is a synthetic remedy, useful for a Sulph. and Calc, states. Sulphate of lime is used to clean out an accumulation of heteroplasm in the interstices of tissue; to cause the infiltrated parts to discharge their contents readily, and to throw off decaying organic matter, so it may not lay dormant or slowly decay, and thus injure the surrounding tissue. A lack of this salt allows suppuration to continue too long. It controls suppuration. A decay of epithelial cells, after the infiltrated parts have discharged their contents, indicates a lack this salt. The third stage of all catarrhs, lung troubles, boils, carbuncles, ulcers or abscesses need this cell- salt. This drug greatly resembles Hepar, when it follows, taking up the case when the latter ceases to act". But, surely one should be able to diagnose between them, so as to be actually on the spot from the first, and save time. It is an excellent remedy for boils and abscesses. "Restoration of cell and thereby the body, will result from the restoration of deficits of inorganic salts in the cell". According to biochemistry, health is dependent upon the quantity and equalisation of organic and inorganic constituents in the body. The body is merely a collection of cells, each cell being composed of organic and inorganic matter. But it is the presence of inorganic matter, which, unites with and activates the organic element to function in a normal manner. Under ordinary conditions, enough inorganic cell salts are supplied by food to replace those lost in the process of metabolism. But, when for any reason the body's power of assimilation fails, a deficiency of mineral salts results which causes the disease. This deficiency of inorganic salts can only be replaced by introducing them from outside. Even though the cells of the body are composed of organic and inorganic matter, it is the inorganic matter, according to the Biochemic System, which combines with the organic matter and activates the normal function. Thus, biochemic system of

medicine is based on nature's own way of cure and it is a natural way by which a disease can be overcome. It is the sulphate calcium, from which we get our supply of plaster of paris. Its common names are sulphate of lime; plaster of paris; gypsum. Present in bile where it comes from the liver; it helps disintegration of worn out R.B.C's by taking away their water. Thus the deficiency in the liver hinders this role that heaps up useless cells in the blood, this function is performed by oxidation in the circulation itself. Many excellent cures have been made in this way that most of us are able to recognize as homoeopathic cures, though it is a sort of crude homoeopathy. By studying these cures many symptoms may be obtained not supposed to be of importance by these reporters. These symptoms often furnish a basis for further considerations or further clinical observations. Many fragmentary provings have also been made, furnishing many of the symptoms recorded. Dr. Kent frequently made use of Schuessler's 12th potency, later the 30th and 200th; at present much higher potencies. From all of these many valuable symptoms have been obtained. So that the following symptoms must now furnish the best basis that we have to prescribe on. The best considerations that this remedy has ever received will be found in Boericke and Dewey's *Materia Medica of the tissue remedies*.⁷

The reason why Calc. Sulph prevents the process or so promptly closes it up is because a lack of this vitalizer or inorganic worker in organic matter, allows the epithelial cells to break down allows tissue to disintegrate; then the fluids from the blood (serum) take up the waste and carry it off through some natural or artificial orifice. Other salts, of course, are of some importance in such condition, but in true suppurations Calc. Sulph. is always the chief remedy, because there can be no true suppuration when this worker is present in proper quantity. Its sphere of action is in the connective tissue; inflammation with suppuration. Arrests haemorrhage and blennorrhoea. Abscesses which have their seat in the connective tissue, if they are the result of stasis in the connective tissue tubuli. Serous swellings, post-scarlatinal dropsy, in rare cases. Hard or suppurating glands. In third stage of inflammation; lumpy or bloody discharge. Discharge in cough, leucorrhoea, gonorrhoea, etc., yellow, thick and lumpy, sometimes bloody.

After mechanical injuries, when in neglected cases suppuration has set in. Greenish, brownish, yellow crusts. Cystic tumors; fibroma; fibrous polypi. Affects glands, mucous membrane, bones and skin. Pus is thick, yellow, lumpy, and bloody. Recurrent or running abscess. The tendency to the formation of abscess in the body in any place is a strong feature of this remedy, and is quite similar to Pyrogenium. When the abscess has broken or has been laced and is discharging, then Calc-s has comes in; the presence of pus with a characteristic indication. It has a wider sphere and deeper action in suppurative process. It acts better in later stages of pus formation. In all cases of suppuration, when discharge continuous too long and the sore is unhealthy. It is very useful in the management of malignant growths after ulceration has set in. It is under such circumstances an excellent palliative. It is a deep acting constitutional remedy, an anti-psoric and if given early enough will prevent a malignant growth, terminating in its usual way. Bloody pus from abscess, ulcers and mucous membranes. Prolonged suppuration. This remedy is indicated in suppuration when the pus has found a vent, the infiltration has subsided but the discharge continues. It should be thought of in cases that are discharging pus, thick yellow or sanious discharge from any organ of the body. Suppurations and ulcerations of the gland (locally, also).

One of the indications on which one has prescribed it with success is, when the case works out almost equally to sulphur and calcarea, the presence of pus with a vent is, we are told, the general indication of Cal.sulp. Dr.Oscar Hanson(copenhagen) has a good deal to say in regard to Cal.sulph. valuable in suppuration, when the abscess is perforated, or after incision, the pus is yellow and thick, suppurations of the tonsils, abscess of the cornea, suppurating wounds, suppurating process in the lungs, Hepar Sulp; acts after that remedy ceases to have the effect. Nash says this remedy is not well understood as yet, but acts much along the lines of Hepar Sulp., so far as we do know. He tells of a case where there was a great pain in the kidney for a day and a night. Then there was a great discharge of pus in the urine, for several days which weakened the patient very fast. A Chicago specialist had examined the urine a short time before and pronounced the case Bright's

disease. Nash finally gave Calc. Sulph 12c, and under its action she immediately improved and made a very rapid and permanent recovery. Since then I have found it a good remedy in profuse suppurations in different kind of cases.⁵

The relevance and expected outcome of the proposed study

The study will aim to show the effect of Calcarea Sulphurica homoeopathic preparation in dissolving infected wounds

Advancement in science for providing modern scope of homoeopathic preparation to introduce integrated medical programmes for complications that have limited options in modern science.

The project will also train human resource and contribute to publications in scientific journals

Objectives

To evaluate the effective changes of Calcarea Sulphurica homoeopathic preparation in dissolving slough using the in-vitro human cell line models

To evaluate the cellular and molecular targets of Calcarea Sulphurica homoeopathic preparation

To evaluate the effective changes of Calcarea Sulphurica homoeopathic preparation in dissolving slough using the in-vitro human subject

Case Discussion



CASE 1: NON-HEALING ULCER

Patient came with the complaint of recurrent

attacks of ulcer in the right foot for the past 5-6 months and increased since 2 weeks.

Patient was apparently well before 4 months. The initial occurrence started like cracks and it formed a deep wound on the right sole. It was treated under homoeopathy and cured within 2 weeks.

1 month back, the same thing repeated in the right heel and the swelling was present on the foot. Only while pressing it pains and bleeds slightly, along with watery discharge. There is difficulty in walking with the heaviness of foot.



As per reportorial analysis the first grade drug was Lachesis, but Arsenicum album was chosen because the presentation of ulcer was similar to arsenic features like foul smelling, blackish, ash colour discharge, chronic tendency and repetition of same complaints. On examination and while dressing it was noticed that even after poking Artery forceps inside the ulcer there was no pain or any discomfort seen on patients face, was suggestive that it may land into gangrene. Arsenic also has a tendency to change into gangrenous condition, which has a terminal fate of amputation. Calcarea sulph is the choice to arrest and dissolve slough formation. On considering the family history and hereditary tendency Lachesis was kept as an intercurrent choice of remedy which proved to be excellent in further treatment.

CASE 2: Varicose Ulcer

Patient Mr. Rizwan of 30 years of age residing at thalapady who is a known case of VARICOSE VEIN came with the complaints of Ulcer on lateral aspect of left ankle since 1 week. The complaints started as blackish discoloration with itching which gradually developed as a wound and then

it has increased in size. Patient feels burning sensation in the affected area. The complaints are aggravated after cold water application. His generals are normal and he is ambithermal in nature. On examination there is swelling of the left ankle and there is a wound with blackish discoloration. All other systems were normal. Patient was taking ayurvedic medicine for the same complaints. His mother is also suffering from varicose vein, DM & HTN. Lachesis 1M 1 dose (stat) along with calcarea sulph 30 (3-3-3) were prescribed for 10 days after referring to materia medica and repertory.



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Role of Homoeopathy in Treating Corn-A Case Report

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Keywords

Corns, Homoeopathy, Natrum Muriaticum

Abstract

A Corn is a sharp demarcated callosity occurring over the bony prominence. Most common site of occurrence are hands and feet. It usually develops due to the thickened skin in certain areas due to the continuous friction or pressure on the skin during day-to-day activities. They also may be caused due to using of ill-fitting shoes, or exerting abnormal pressure on the feet if there is any deformity of the foot. This article deals with one case of corn which is of recurrent nature completely healed with homoeopathic remedy.

Introduction

A Corn is a painful demarcated, thickened skin which has a central core which presses deep into the dermis causing severe pain associated with inflammation. A Corns can develop irrespective of age depending upon the predisposing factors to which the patient is exposed. In some cases, genetic inheritance is also noticed with abnormal dominant inheritance.

- **Pathology:** There will be a thick parakeratotic plug set in a cup shaped depression of the epidermis, usually with the loss of the granular cell layer.
- **Clinical presentation:** Patient presents with the thickened areas of the skin which gradually progress over the time which usually remains localized to one particular area which has been affected. In some cases, area may be tender on

direct pressure.

- **Common site:** It is usually occurring on the plantar surface of the feet, although the sides of arches and heels, interphalangeal joints and in toes as well.
- **Diagnosis:** Diagnosis is done based on clinical examination. In very rare cases requires skin biopsy
- **Differential diagnosis:** Viral warts, keratoderma, granuloma annulare, and knuckle pads

Case Report

Mr. XX, of 40 years old presented to an outpatient department of Taluk general hospital bantwal on 5-11-2023. He presented with the complaint of pain under the right heel since 1 week and pain in the lower back and weakness of the upper and lower extremities since 1 month. He also presented with a recurrent headache for many years more than 6 months.

Chief Complaints

- Pain under the right heel-
Location- Right heel
Sensation- Shooting type of the Pain
Modality: Aggravation on pressure, standing
- Pain in the lower back
Location- Both the lumbar region
Sensation -Aching type of the pain
Modalities- aggravation on rising up

Amelioration- On lying down

- Weakness of the upper and lower extremities

Location- Both the upper extremities (forearms) and lower extremities

Sensation – numbness of forearm and coldness and weakness of the legs

Modalities- aggravation on standing, On exposure to heat

Amelioration on rest

- Headache

Location – All over the head

Sensation- Aching

Headache associated with nausea

Modalities – Aggravation on exposure to sunlight, Heat in general

Amelioration- Rest

Past History

Dengue at the age of 32 years.

Treatment History

Underwent medication for the recurrent headache got only temporary relief

Personal History

Appetite- decreased

Thirst- Normal,

Bowel- regular

Urine- Normal

Craving- salty

Aversion- Nothing specific

Thermals- Hot

Sleep- Disturbed due to pain

Dreams- Nothing specific

Perspiration- Normal

General Physical Examination

Height -160cms

Weight-60kg

No signs of pallor, icterus, clubbing, cyanosis, Lymphadenopathy

Vital Signs

Blood pressure- 110/80 mmhg

Pulse rate- 76 beats per minute

Temperature- afebrile

Respiratory rate- 18 cycles per minute

Systemic Examination

RESPIRATORY SYSTEM- NVBS Heard, No added sounds

CARDIOVASCULAR SYSTEM- S1,S2 Heard,

GASTROINTESTINAL SYSTEM- Normal bowel sound heard

LOCOMOTOR SYSTEM- On examination of the right heel- Slight swelling with inflammation of the skin with tenderness on pressure noticed.

Investigation- GRBS- 110 mg/dl

Diagnosis- CORN

Evaluation of the Case

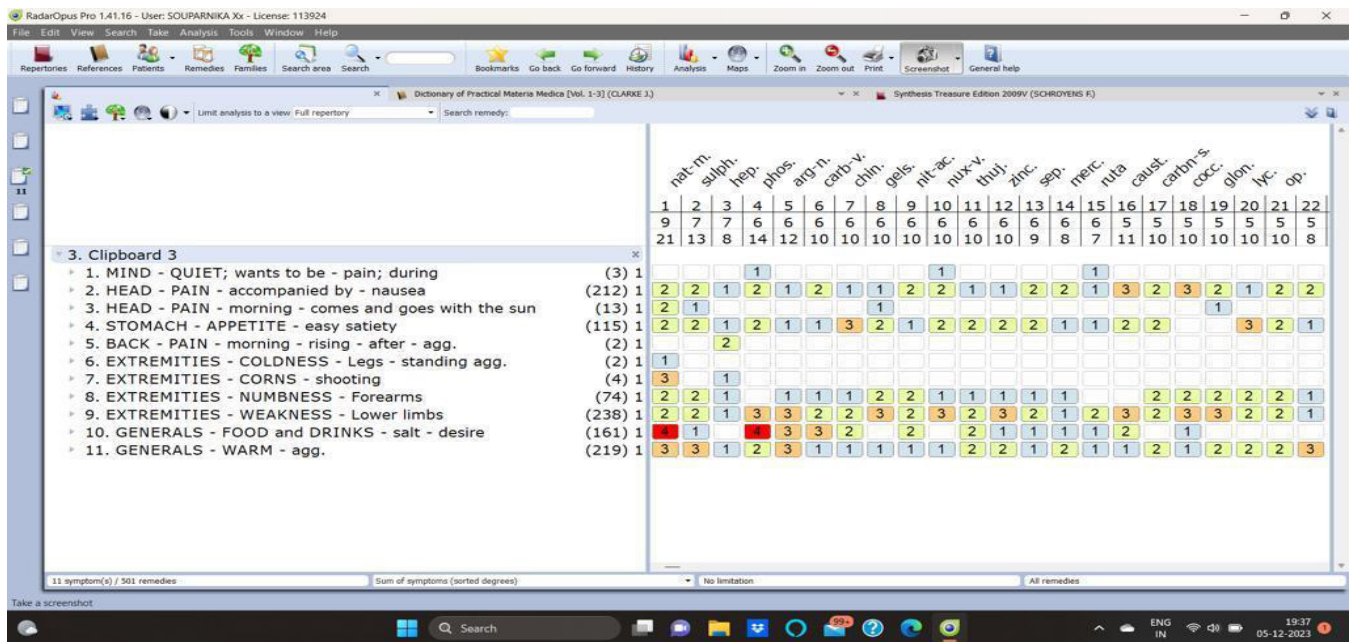
MENTAL GENERALS	PHYSICAL GENERALS	CHARACTERISTIC PARTICULARS
Wants to be quiet during pain	Appetite reduced Hot patient	Shooting type of the pain Weakness of the lower extremities Coldness of extremities Numbness of forearm Pain on the lumbar region < on rising up Headache aggravation on sun exposure and heat in general Desires salty food

Case Report

Repertorial Totality

- MIND-QUIET; Wants to be- pain; during
- HEAD-PAIN-accompanied by-nausea
- HEAD-PAIN-sun; comes and goes with the
- STOMACH-APPETITE-easy satiety
- BACK-PAIN-morning-rising-agg.
- EXTREMITIES-COLDNESS-Legs-standing agg
- EXTREMITIES-CORNS-shooting
- EXTREMITIES-NUMBNESS-Forearms
- EXTREMITIES-WEAKNESS-Lower limbs
- GENERALS-FOOD and DRINKS-Salt-desire
- GENERALS-WARM-agg.

Repertorial Sheet



Prescription: Rx Natrum muriaticum 1m 1 dose (early morning empty stomach)

Blank globules (6-0-6) x 1 week

Follow Up

15-11-2023	Pain in the heels improved Appetite improved Pain in the lower back better by 50 % Numbness and weakness of the extremities improved. Generals improved No episodes of headache within a span of 1 week	Rx Blank globules 6-0-6 for 10 days
25-11-2023	Pain in heels subsided Pain in the lower back 95 percent improved Numbness and weakness of the extremities very much better Generals improved Headache- mild subsided on its own without any medication	Rx Blank globules 6-0-6 x 10 days
2-12-2023	Patient is over all better	Rx Blank globules 6-0-0x 1 month



Images before and after the treatment:

Image 1: Before Treatment

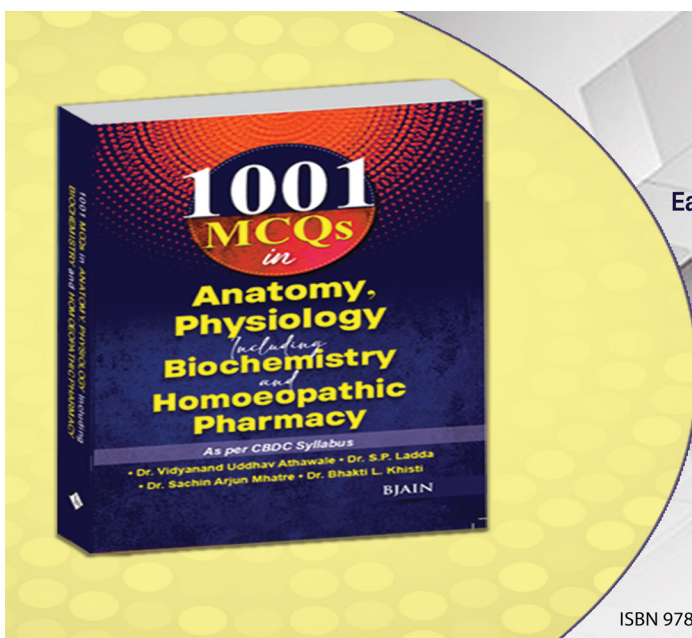
Image 2 : After Treatment

CONCLUSION

This case report highlights the significance of Constitutional homoeopathic approach in treating corn. The repertorisation of the case is done by using radar synthesis repertory. It also shows the significance of well selected medicine in bringing about desired outcome and improvement in the case. However, this is a single case report additional research might be required to make the study useful.

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A Case of Hypothyroidism cured by Calcarea Silicata

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Keywords

Calcarea silicate, hypothyroidism, constipation

Abstract

Calcarea Silicata, a homeopathic remedy derived from the silicate of lime, is recognized for its efficacy in addressing various health complaints that develop gradually over extended periods.

In the context of hypothyroidism, Calcarea Silicata is recognized in homeopathy for its potential to address symptoms associated with an underactive thyroid. It is believed to help restore balance to the body's energy utilization and alleviate manifestations of sluggishness, weakness, and cold sensitivity often associated with hypothyroidism. As with any medical condition. In this case we found a complete cure of hypothyroids from calcarea silicata. But further we need more such cases of hypothyroidism cure by calc. silicate to prove its efficacy.

Abbreviations

TSH (Thyroid stimulating hormone), T3 (triiodothyronine), T4 (tetraiodothyronine)

Introduction

Hypothyroidism is a disorder of endocrine system

in which our thyroid gland does not produce enough thyroid hormone. Thyroid hormone is released by a butterfly shaped thyroid gland that is located in front of our neck on cricoid cartilage. Thyroid hormone actually represents the combination of the two main hormones that your thyroid gland releases: thyroxine (T4) and triiodothyronine (T3).^{(1),(2),(3)} Hypothyroidism, also called underactive thyroid, is when the thyroid gland doesn't make enough thyroid hormones to meet your body's needs. The thyroid is a small, butterfly-shaped gland in the front of your neck. Women are much more likely than men to develop hypothyroidism. The disease is also more common among people older than age 60.⁽⁴⁾ Hypothyroidism is a common endocrine disorder with the prevalence of approximately 10.95% in India.^[5]

You are more likely to have hypothyroidism if you⁽⁶⁾

- had a thyroid problem before, such as a goiter
- have a family history of thyroid disease
- were pregnant in the past 6 months

Symptoms

- fatigue
- weight gain
- trouble tolerating cold

- dry skin or dry, thinning hair
- heavy or irregular menstrual periods or fertility problems
- slowed heart rate

Homoeopathy and Hypothyroidism

Conventional medicine typically involves the lifelong use of synthetic thyroid hormones to manage hypothyroidism. Homeopathy, on the other hand, aims to provide a complete and permanent cure for hypothyroidism by addressing the root cause and enhancing the function of the thyroid and pituitary glands. Homeopathy emphasizes the individualized treatment approach, considering the unique symptoms and susceptibilities of each person. Homeopathic medicines are claimed to stimulate the body to reactivate hormone secretions within normal limits, suggesting a regulatory effect on the endocrine system. Some important remedies Thuja, Lycopodium, Calcarea carb, Sepia, Iodum, Natrum mur and Pulsatilla has wonderful action on regulation of hormonal imbalance. In this case study, the homoeopathic medicine Calcarea silicata based on striking and characteristics features in centesimal scale served a vital role to overcome the functional disturbance of thyroid gland, evidenced by thyroid function test and Zulewski's clinical score method.⁽⁷⁾

Calcarea silicata: Common name – silicate of lime^(8,9)

Calcarea silicate is a medicine of Calcium group, Calcium is one of the very important earth alkalize placed in IIA position in the periodic table. The name calcium was derived from the Latin word “calx” (lime).

Calcarea silicate is A deep, long-acting medicine. Hydrogenoid constitution. Very sensitive to cold. Patient is weak, emaciated, cold and chilly, but worse from being overheated; . With characteristic mental symptoms - Absent-minded, irritable, irresolute, lacks self-confidence. *Fearful*. Female symptoms possess Uterus heavy, prolapsed. Leucorrhoea painful and irregular menses. Flow between periods.

Case Report

A female of 33 years of age came to surgery deptt.

of R.B.T.S. GHMCH on 23 august 2023 with profuse irregular menses for 3 months, along with fatigue and lethargy with sensitivity to cold also present. All complaints are aggravated from cold, during evening and ameliorates by lying.

Past History

Patient has history of urticaria treated with conventional medicine

Family History

Maternal Grandmother had history of hypothyroidism, father had HTN and DM type2.

Physical Generals

- T/R - chilly, aversion to open air and cold air
- desire - sweets, egg
- Appetite- good, can tolerate hunger.
- Thirst - present with drinks large quantity of water.
- Urine was pale straw coloured.
- Stool- irregular bowel movements, require great straining during stool, constipated.
- Perspiration- profuse, mostly on back of head. Offensive
- Tongue slightly white coated
- Sleep mostly on back, unsound sleep.
- Dreams of dead people, especially talking with dead father, Frightful dream
- Menses- irregular, profuse (4-5 pads /day), bright red in color, stays for 6-7 days , LMP -03/09/2023

Mental Generals

- Anger easily
- Want to lie down all times
- Fear- of dog, darkness
- Sadness, melancholic

Physical General Examination

- On examination patient was obese
- Decubitus – sitting
- Nutrition – adequate
- Anaemia – slightly pallor
- Pigmentation – generalised
- Icterus – absent

Case Report

- Cyanosis – absent
- Clubbing – absent
- Oedema – absent
- Lymphadenopathy – absent
- B.P. – 100/70
- Pulse rate – 66 bpm

Systemic Examination

On examination: no glandular swelling around neck and axillary region.

On observation: Patient shows slowness in activity, and cold skin and rough to touch.

Provisional Diagnosis

Hypothyroidism ICD 11 CODE: 5A00

Investigation Advised On 23.08. 2023

Thyroid profile test

CBC

Definitive Diagnosis With Reports On 04.09.2023

Hypothyroidism

TSH value - 12.4 µIU/ml

T3 value - 129 ng

T4 value – 7.07 ng

Differential Diagnosis

The patient's symptoms suggest hypothyroidism, but iron deficiency anemia, PCOS, and diabetes type 2 are also possible. above reports including thyroid profile, CBC, and clinical judgment are confirmed it is a definitive case of hypothyroidism.

Analysis and Evaluation of Symptoms ⁽¹⁰⁾

SYMPTOMS	ANALYSIS	EVALUATION	MIASMATIC ANALYSIS
FRIGHTFUL DREAMS	MENTAL GENERAL	++	Psora
MELANCHOLY	MENTAL GENERAL	++	Syphilis
THERMAL REACTION – CHILLY	PHYSICAL GENERAL	+++	Psora
AVERSION TO OPEN AIR	PHYSICAL GENERAL	++	
DESIRE - EGG	PHYSICAL GENERAL	+++	Psora
DESIRE SWEETS	PHYSICAL GENERAL	+	Psora
THIRST - THIRSTY	PHYSICAL GENERAL	++	
STOOL – IRREGULAR BOWEL MOVEMENTS, CONSTIPATED	PHYSICAL GENERAL	+++	Psora
PERSPIRATION – PROFUSE ON BACK OF HEAD	PHYSICAL GENERAL	++	SYCOSIS
DREAMS – DREAMS OF DEAD PEOPLE	PHYSICAL GENERAL	+++	Syphilis
IRREGULAR MENSES	PARTICULAR	+++	Syphilis

Totality of Symptoms

- Fear - of dog, darkness
- Melancholy
- Frightful dream
- Dreams of dead people, especially talking with dead relatives.
- Desires egg, sweet

Thirst present with drinks large quantity at regular interval.

Stool- irregular bowel movements, require great straining during stool, constipated.

Dreams of dead people, especially talking with dead relatives.

Profuse irregular menses.

Repertorisation ⁽¹¹⁾

	calc-sil.	calc.	sulph.	phos.	thuj.	bry.	caust.	graph.	nit-ac.	sil.	mag-c.	nat-c.	crot-h.	mag-m.	am-c.	plat.	mag-s.	arg-n.	lyc.	anat.	chel.	cocc.	com.	iod.	kalj-c.	mer.
1. Clipboard 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
1. STOMACH - THIRST (530)	1	3	3	3	2	3	3	1	2	3	2	2	2	1	1	1	1	3	1	2	2	2	3	2	3	
2. RECTUM - CONSTIPATION (528)	1	3	3	3	3	3	3	3	3	3	2	2	3	2	3	1	2	3	2	2	3	3	2	2	2	
3. DREAMS - DEAD BODIES (86)	2	2	1	1	2	1	1	1	1	1	1	1	1	1	1	1			3	2	1	1	1	1	1	
4. DREAMS - DEAD; OF THE (138)	2	2	2	2	3	1	1	2	1	1	3	1	2	1	1	1	1	2	2	2	2	1	1	1	2	
5. DREAMS - DEAD; OF THE - relatives - talkin... (1)	1																									
6. FEMALE GENITALIA/SEX - MENSES - irregular (120)	1	2	2	1	1	1	2	2	2	2	1	2	1	1	1	1	1	3	2		1	2	2	2	1	
7. GENERALS - FOOD AND DRINKS - sweets - d... (285)	2	2	3	2	1	2	1	2	2	1	1	2	1	2	2	1	1	3	3	1				2	2	

Repertorial Analysis

- CALCAREA SILICATA – 10/7
- CALCAREA CARBONICA- 14/6
- SULPHUR – 14/6
- CAUSTICUM – 11/6
- PHOSPHORUS – 12/6

Final Selection of Medicine:

Here Calcarea silicata possesses the highest mark & grade. So, We choose it. It also covers all of the generals as well as particulars of the patient. So Calcarea silicata is finally selected for the prescription. The selection was made after careful analysis of the patient’s mental and physical symptoms, repertorial results, and reference to homeopathic materia medica. The treatment began with a single dose of Calcarea silicata 200, followed by a placebo, adhering to the law of minimum dose. The potency selection and repetition were based

on the homoeopathic principles, susceptibility of the individual. Medicine was not repeated as long as the improvement in symptoms of the patient continued. Placebo was continued for an additional three months.

Justification:

Why not Calcaea carb: Calcarea does not resemble constitution, this patient has fear of dog and darkness, melancholy and irregular mense which calcaea carb does not cover.

Why not Sulphur: Sulphur is a hot patient. Suited to individuals who are intellectual, creative, and may have a messy or unkempt appearance which the patient does not possess. Desire for eggs is not present in sulphur.

Prescription

(27/07/2019): Calcarea silicata 200/1 dose was prescribed on the basis of repertorial analysis

Follow Up

S . NO.	Date	OBSERVATION	TREATMENT
1	09/092023	Improvement - roughness & coldness of skin of hand and forearm are decreased	Also advised for diet management with moderate exercise and walk daily for 20-30 minutes. Placebo 30/ 1 drachm/BD
2	26/09/2023	weight of patient decreases by 1 kg and physical general especially bowel movement show improvement and appearance of urticarial eruption appear i.e. old symptoms reappear	advised for diet management with moderate exercise and walk daily for 20-30 minutes. Placebo 200/1 drachm /BD
3	11/10/2023	dreams of dead people and talking with dead father in dreams are not seen	advised for diet management with moderate exercise and walk daily for 20-30 minutes. Placebo 30/1 drachm/BD
4	27/10/2023	menstrual cycle and flow are regular	advised for diet management with moderate exercise and walk daily for 20-30 minutes. Placebo 30/1drachm/BD
5	14/11/2023	patient mentally and physically good. activity of patient shows much improvement	advised for diet management with moderate exercise and walk daily for 20-30 minutes. Placebo 200/1 drachm/BD
6	30/11/2023	but this time patient not showing improvement	Calcarea silicata 1M/2D/OD placebo 200 /1 drachm bd
7	16/12/2023	I tell the patient to check the thyroid profile test. Roughness and coldness of skin, bowel movement completely subside and weight of patient decreases.	advised for diet management with moderate exercise and walk daily for 20-30 minutes. Placebo 200/1 drachm/BD
8	02/01/2024	patient came with report of thyroid profile in normal range with happy face	advised for moderate exercise and walk daily for 20-30 minutes. Placebo 200/drachm/BD

Result and Discussion

Through this case study we can clearly appreciate homoeopathic medicine calcarean silicata in cases of hypothyroidism. The remedy was selected on the basis of Characteristics symptoms after proper repertorisation and potency and dose were followed on the basis of homoeopathic principle. A marked improvement of the symptoms was noted gradually in subsequent visits, in follow- up there was reappearance of old symptom so 1 drachm of placebo was repeated and marked improvement was seen after the complete course of treatment. Thyroid profile test along with Zulewski's scoring system for assessment of causal attribution of homoeopathic medicine which showed the efficacy of homoeopathic medicine calcarea silicate in the

treatment of hypothyroidism. No complication or recurrence was observed for another 3 months follow up. According to homoeopathic principles if a medicine is chosen based on individuality and totality of symptoms of the patient, it leads to complete cure of the patient.

Conclusion

Homoeopathic treatment based on totality of symptoms of the patient provides rapid, gentle and permanent cure in this case report. Thus, it shows that the curing power of homoeopathic medicine calcarea silicata in case of hypothyroidism. We believe further studies are required to show efficacy of Calcarea silicata and other homoeopathic remedies for treatment of thyroid maladies.

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NAME : NUTAN KUMARI (35Y/F)
REF. BY : A K SINGH
TEST ASKED : T3-T4-USTSH

SAMPLE COLLECTED AT : (8420010470) JAY GURUDEV DIAGNOSTIC CENTRE, Main Rd Juran Chhapra Near Rd Number 3, Cornner, Muzaffarpur, Bihar mb.5700427922, 842001.

TEST NAME	TECHNOLOGY	VALUE	UNITS	Bio. Ref. Interval.
TOTAL TRIIODOTHYRONINE (T3)	E.C.L.I.A	129	ng/dL	80-200
TOTAL THYROXINE (T4)	E.C.L.I.A	7.07	µg/dL	4.8-12.7
TSH - ULTRASENSITIVE	E.C.L.I.A	12.4	µIU/mL	0.54-5.30

The Biological Reference Ranges is specific to the age group. Kindly correlate clinically.

Method :
T3 - Fully Automated Electrochemiluminescence Competitive Immunoassay
T4 - Fully Automated Electrochemiluminescence Competitive Immunoassay
USTSH - Fully Automated Electrochemiluminescence Sandwich Immunoassay

Pregnancy reference ranges for TSH/USTSH :
Trimester || T3 (ng/dl) || T4 (µg/dl) || TSH/USTSH (µIU/ml)
1st || 83.9-196.6 || 4.4-11.5 || 0.1-2.5
2nd || 86.1-217.4 || 4.9-12.2 || 0.2-3.0
3rd || 79.9-186 || 5.1-13.2 || 0.3-3.5

References :
1. Carol Devilla, C I Parhon. First Trimester Pregnancy ranges for Serum TSH and Thyroid Tumor reclassified as Benign. Acta Endocrinol. 2016; 12(2) : 242 - 243
2. Kulhari K, Negi R, Kalra DK et al. Establishing Trimester specific Reference ranges for thyroid hormones in Indian women with normal pregnancy : New light through old window. Indian Journal of Contemporary medical research. 2019; 6(4)

Disclaimer : Results should always be interpreted using the reference range provided by the laboratory that performed the test. Different laboratories do tests using different technologies, methods and using different reagents which may cause difference. In reference ranges and hence it is recommended to interpret result with assay specific reference ranges provided in the reports. To diagnose and monitor therapy doses, it is recommended to get tested every time at the same Laboratory.

--- End of report ---

Sample Collected on (SCT) : 04 Sep 2023 13:44
Sample Received on (SRT) : 04 Sep 2023 22:29
Report Released on (RRT) : 05 Sep 2023 00:55
Sample Type : SERUM
Labcode : 0409098518/BR075
Barcode : AV464673
Dr T Priyanka MD(Path)
Page : 1 of 2

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NAME : NUTAN KUMARI (35Y/F)
REF. BY : SELF
TEST ASKED : T3-T4-USTSH

SAMPLE COLLECTED AT : (8420010470) JAY GURUDEV DIAGNOSTIC CENTRE, Main Rd Juran Chhapra Near Rd Number 3, Cornner, Muzaffarpur, Bihar mb.5700427922, 842001.

TEST NAME	TECHNOLOGY	VALUE	UNITS	Bio. Ref. Interval.
TOTAL TRIIODOTHYRONINE (T3)	E.C.L.I.A	124	ng/dL	80-200
TOTAL THYROXINE (T4)	E.C.L.I.A	7.54	µg/dL	4.8-12.7
TSH - ULTRASENSITIVE	E.C.L.I.A	2.41	µIU/mL	0.54-5.30

The Biological Reference Ranges is specific to the age group. Kindly correlate clinically.

Method :
T3,T4 - Fully Automated Electrochemiluminescence Competitive Immunoassay
USTSH - Fully Automated Electrochemiluminescence Sandwich Immunoassay

Pregnancy reference ranges for TSH/USTSH :
Trimester || T3 (ng/dl) || T4 (µg/dl) || TSH/USTSH (µIU/ml)
1st || 83.9-196.6 || 4.4-11.5 || 0.1-2.5
2nd || 86.1-217.4 || 4.9-12.2 || 0.2-3.0
3rd || 79.9-186 || 5.1-13.2 || 0.3-3.5

References :
1. Carol Devilla, C I Parhon. First Trimester Pregnancy ranges for Serum TSH and Thyroid Tumor reclassified as Benign. Acta Endocrinol. 2016; 12(2) : 242 - 243
2. Kulhari K, Negi R, Kalra DK et al. Establishing Trimester specific Reference ranges for thyroid hormones in Indian women with normal pregnancy : New light through old window. Indian Journal of Contemporary medical research. 2019; 6(4)

Disclaimer : Results should always be interpreted using the reference range provided by the laboratory that performed the test. Different laboratories do tests using different technologies, methods and using different reagents which may cause difference. In reference ranges and hence it is recommended to interpret result with assay specific reference ranges provided in the reports. To diagnose and monitor therapy doses, it is recommended to get tested every time at the same Laboratory.

--- End of report ---

Sample Collected on (SCT) : 24 Dec 2023 13:57
Sample Received on (SRT) : 24 Dec 2023 22:13
Report Released on (RRT) : 25 Dec 2023 01:59
Sample Type : SERUM
Labcode : 2412091051/AL381
Barcode : BP550782
Dr T Priyanka MD(Path)
Page : 1 of 2

Report Before treatment

Report – After treatment

Sign	Identified on the basis of	Point given if present
Slowness of movements	Observing patient walking and sitting in the OPD room, also getting ready for examination process	1
Ankle reflex	Observing relaxation	0
Coarse skin	Dermatologist finding on examining skin of the hand, forearm, and elbow for thickness and roughness	1
Periorbital puffiness	Observing periorbital swelling	0
Cold skin	Comparing temperature of hand with examiners	1
Symptoms		
Diminished sweating	Questioning regarding sweating in normal or warm room	0
Hoarseness of voice	Questioning regarding change in speaking or singing voice	0
Paraesthesia	Questioning regarding subjective sensations	0
Dry skin	Questioning regarding dryness of skin and requiring treatment inform of moisturizing agent	1
Constipation	Questioning regarding bowel habit and use of laxatives	1
Hearing impairment	Questioning regarding difficulty in hearing	0
Weight Increase	Questioning regarding increase in weight	1

Zulewski’s Score on 23-08-2023. Total score was 6

Sign	Identified on the basis of	Point given if present
Slowness of movements	Observing patient walking and sitting in the OPD room, also getting ready for examination process	1
Ankle reflex	Observing relaxation	0
Coarse skin	Dermatologist finding on examining skin of the hand, forearm, and elbow for thickness and roughness	
Periorbital puffiness	Observing periorbital swelling	0
Cold skin	Comparing temperature of hand with examiners	0
Symptoms		
Diminished sweating	Questioning regarding sweating in normal or warm room	0
Hoarseness of voice	Questioning regarding change in speaking or singing voice	0
Paraesthesia	Questioning regarding subjective sensations	0
Dry skin	Questioning regarding dryness of skin and requiring treatment inform of moisturizing agent	0
Constipation	Questioning regarding bowel habit and use of laxatives	0
Hearing impairment	Questioning regarding difficulty in hearing	0
Weight Increase	Questioning regarding increase in weight	1

Zulewski’s Score on 02-01-2024. Total score was 2

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Homoeopathic pharmacopoeia of rare remedies of Calcarea group

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Abstract

Calcarea group of remedies is having vast sphere of action. The basic details pertaining to the synonym, chemical formula, molecular weight, clinical, history and authority, modalities, solubility and preparation helps in understanding the pharmacopoeia aspect of the individual

remedy. The knowledge of pharmacopoeia is often neglected due to the failure to understand its significance. This article will highlight the above mentioned aspects of the rare remedies of Calcarea group at a glance.

Heading/Remedy name	Calc Acetica	Calc Arsenicosa	Calcarea Bromata	Calcarea Calcinata	Calcarea Caustica	Calcarea Hypophosphorosa
Synonym	Acetate of lime	Arsenite of lime	Calcium romide	Calc	Calcium hydroxide	Calcium Hypophosphite
Chemical Formula	Ca (C ₂ H ₃ O ₂) ₂	Ca ₃ (AsO ₃) ₂	CaBr ₂	Ca(OCl) ₂	Ca(OH) ₂	Ca(H ₂ PO ₂) ₂
Molecular Weight	158.17	366.08	199.90	142.99	74.10	170.20
Clinical	Inflam mation with membrane exudation. M e m b r a n o u s dysmenorrhea R a t t i n g expectoration Cough loose with expectoration of large pieces like of bronchial tubes	Epilepsy with rush of blood to head before attack. Aura felt in heart region with flying sensation.	R e m o v e s inflammatory products from uterus. Tendency to brain disease- insomnia, cerebral congestion.	Used in case of warts.	Pain in back and heels, jaws and molar bone. Influenza.	Used in Calcium deficiency.
History authority	& Proved and introduce by Hahnemann in Materia medica Pura Vol I, pg. 291	Hering first prepared & proved in 1848. A Dictionary of practical M a t e r i a M e d i c a Clarke Vol. I pg. 335	Introduced by Hale, Clarke -A Dictionary of Practical M a t e r i a M e d i c a Vol I pg 337	New and Forgotten Remedies, I n d i a edition 89; Boericke M a t e r i a M e d i c a w i t h Repertory	Proved and Introduced by Koch, Allen, Encyclopedia of Pure M a t e r i a M e d i c a Vol. II pg, 385 Clarke A Dictionary of Practical M a t e r i a m e d i c a Vo. I pg 351	Proved and introduced by Barrette , Clarke A Dictionary of Practical Materia Medica Vol. I, pg 355

Modalities	> Bending backward	< slightest emotion causes palpitation of heart Complaints of drunkards > slight exertion			< evening motion, working in water	
Solubility	Soluble in water	Soluble in water, acids	Soluble in water, alcohol			
Preparation	(a) Mother Tincture: Drug Strength 1/10. The Mother liquid obtained above is then diluted in Alcohol in such a proportion that finished tincture contains 10 per cent of acetate of lime. The Mother Tincture contains not less than 9.5 per cent and not more than 10.5 per cent of C ₂ H ₂ O ₃ . Ca. (b) Potencies: 2x and higher with Dispensing Alcohol.	(a) Trituration 1x Drug strength: 1/10. Calcarea Arsenicosa: 10 g Saccharum Lactis: 990 g To make one kg of the Trituration. (b) Potencies: 3x and higher to be Triturated, 6x may be converted to liquid 8x, and higher with Dispensing Alcohol.	(a) Trituration 2x Drug strength: 1/100. Calcarea Bromata: 10 g Saccharum Lactis: 990 g To make one kg of the Trituration. (b) Potencies: 3x and higher to be Triturated, 6x may be converted to liquid 8x.	(a) Trituration 1x, Drug strength 1/10 Calcarea Calcinata: 100 g Saccharum Lactis: 900 g To make one kilogram of the Trituration. (b) Potencies: 2x and higher to be Triturated, 6x may be converted to liquid 8x, 9x and higher with Dispensing Alcohol.	(a) Mother Solution 3x Drug strength 1/1000 Calcarea Caustica: 1 g Purified Water: 1000 ml To make one litre of the Mother Solution. (b) Potencies: 4x and higher with Purified Water. 6x and higher potencies with Dispensing Alcohol.	Preparation: (a) Trituration 1x Drug strength 1/10 Calcarea Hypophosphorosa: 100 g Saccharum Lactis: 900 g To make one kg of the Trituration. (b) Potencies: 2x and higher to be Triturated, 6x may be converted to liquid 8x, 9x and higher with Dispensing Alcohol.

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“Homoeopathy in Hydrocele- A Case Report

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Keywords

Homoeopathy, *Hydrocele*, *Pulsatilla nigricans*, Repertorization

Abstract

Hydrocele is a fluid accumulation between the tunica vaginalis and the testis. It may be congenital or acquired, usually reported as painless. Here we have presented a case report of 1.8-year male child complaints of swelling in right side of scrotum. It was a case of vaginal hydrocele; the diagnosis was confirmed by ultrasound finding and by signs and symptoms. The patient was suggested for the surgery, but parents don't want to prefer surgery. The parents have shown interest to follow, homoeopathic treatment. After his detailed case taking and Repertorization *Pulsatilla nigricans*^{200 c} was prescribed. Homeopathic medicinal treatment was implemented and found to be successful in the case of hydrocele involving an abnormally enlarged right scrotum. By this case report we want to show efficacy of Homoeopathic treatment in such type of surgical cases also.

Introduction

Hydrocele is the medical name for an abnormal collection of serous fluid in the tunica vaginalis between the parietal and visceral layers. It is the most frequent cause of painless scrotal enlargement and affects 4.7% of newborns and

roughly 1% of males, primarily those over forty. After varicocele surgery, it is by far the most typical complication.ⁱ

Four types of congenital hydrocele are encountered

- 1) Vaginal hydrocele
- 2) Infantile hydrocele
- 3) Congenital
- 4) Hydrocele of the cord.ⁱⁱ

Hydrocoele is an acquired condition that affects both adults and teenagers.ⁱⁱⁱ Taking place because of venous and lymphatic obstruction brought on by an infection or trauma ^{iv}. In majority of newborns, within a year, hydrocele disappears on its own; Treatment, usually in the form of surgery, is required if this does not occur.^v The selection of homeopathic medicines is made according to a comprehensive individual examination and case analysis, taking into account the patient's physical and mental make-up, his or her parents' medical histories, and other factors. Consideration is frequently given to a miasmatic propensity (predisposition/susceptibility).^{vi}

Case Summary

2-year-old male child came with complaint of swelling in the right scrotal region since 1 year. His parents said that there was painless swelling which was increasing gradually. He took

Case Report

conventional treatment for the same but got no relief and doctor advised him to go for surgery, but his father wanted to take Homoeopathic treatment. His father said that we don't know from where he got injured himself again and again. He was very attached to the animals and love them so much. One more thing his father revealed that his child does not like to dress up the clothes and prefers to remain without clothes.

Past History

Intrauterine history - normal.

Recurrent cold and cough.

Family History

Father had a history of Asthma.

Mother had a history of recurrent Tonsillitis.

Physical General

His appetite was increased but after eating a few bites his stomach was full. He preferred to drink water in sips. He preferred to eat apples on a daily basis and his bowel movements were regular. His perspiration was profuse only awaked during. Nothing significant observed in general physical examination during case taking.

Local Examination

Local examination reveals normal subcutaneous and skin tissue.

Only the scrotum is affected by the swelling in

terms of its size.

Coughing on impulse: Negative

Palpation

Normal temperature, similar to the skin

Absence of tenderness

Only the right side of the scrotum.

Smooth edges on the surface

Positive fluctuation

Positive result from the illumination test.

Absence of reducibility

Absence of coughing on impulse

Scrotum on the right side is swollen.

The left scrotum was healthy.

Diagnosis

Vaginal Hydrocele.

Analysis and evaluation of case

After analysis and evaluation of symptoms, totality was constructed based on the following symptoms- He was very much prone to injury as his father said, lover of animals, he doesn't like to dress up want to remain clothes off, appetite was increased but after few bites only felt stomach full of food, took water in sips, wanted to eat apples on daily bases and perspiration only awake during. Right side scrotal swelling.

Repertorization ^{vii}

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1. MIND - ACCIDENT-PRONE (13)	2	1		1	1															
2. MIND - ANIMALS - love fo... (36)	1	1	1	1	1	1		1	1		2				1	1	2		1	
3. MIND - NAKED, wants to ... (24)	1	1	2	1				1					2							
4. STOMACH - APPETITE - a... (115)	1	2	2	2	2	2	1	1	3	3	1	2	1		2	1	1	1	1	1
5. STOMACH - THIRST - sma... (67)	1	2	1	1		2	3		3	2	2	1	1	1	1					
6. GENERALS - FOOD and D... (30)	1	1			1							2								
7. PERSPIRATION - AWAKE, ... (16)	3		2		1		1	2		1		2		1		1		1		1
8. MALE GENITALIA/SEX - H... (14)	3	2				3	2							2						

Figure-1 (Repertorial Sheet)

Repertorial result

- 1-Pulsatilla nigricans-13/8
- 2-Sulphur-10/7
- 3-Phosphorus-8/5
- 4-Natrum muraticum-6/5
- 5- Sepia officinalis-6/5

Follow up and outcome

Follow-up Date	Indication of prescription	Medicine with Dose
27/02/23	Swelling was same as before, but now stop increasing. Appetite- no relief Thirst- no relief	Placebo 200 /TDS for 15 days
12/03/23	Swelling start reducing Appetite- start improving Thirst- no relief	Placebo 200 /TDS for 1 month
09/04/23	Swelling starts reducing Appetite- good Thirst- Improved for normal water	Placebo 200 /TDS for 1 month
16/05/23	Swelling disappeared completely. Appetite and thirst both are normal now	Placebo 200 /TDS for 1 month

Table -1(Follow –up Sheet)

Result

There was marked improvement in swelling, *Pulsatilla 200C* 1 dose orally followed by placebo showed improvement. Photographic evidence was collected before treatment and after treatment. Parents were advised to get USG done, to which parents did not comply, as the child was only 1.8 year old that time, they were not willing to do the same procedure on him.

Prescription

Pulsatilla covers maximum number with maximum rubrics, after consulting *Materia medica* ^{viii}we have given *Pulsatilla 200C* stat dose orally followed by placebo for 15 days on 14/02/2023.



Figure-2. (USG reports) Before Treatment



Figure-2 (Before Treatment)



Figure-3 (After Treatment)

DISCUSSION AND CONCLUSION

Since the patient was a 2-year-old child, it was difficult to gather symptoms, but in this case we got important mental peculiar symptoms from his father which helped us to make the totality for individualization. The current case demonstrates the value of homeopathic treatments in the treatment of pediatric hydrocele. *Pulsatilla nigricans* 200c produced significant result and the child got fully cured within 3.5 months of regular treatment. Similar research by Basu,^{ix} *Rhus tox* was administered to treat a right-sided hydrocele, and the medicine was chosen based

on the patient's individual presentation. One more similar study by **Sangeeta Jain**,^x According to the presenting totality and pathological diagnosis in a similar study, *Pulsatilla* 200 and an intercurrent remedy

Rhododendron 200 were prescribed for a 2-year-old boy with a left-sided scrotal enlargement. The significance of homeopathy in the treatment of hydrocele is also demonstrated by this case.

Consent of Patient

The parents understood that child name and initials will not be included in the manuscript and appropriate steps will be taken to keep his identity a secret.

Conflict of interest- None

Acknowledgement

Deeply acknowledge the patient for allowing us to collect the data.

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“Acalypha Indica – A Double-Blind Randomized Placebo-Controlled Parallel Study Homoeopathic Pathogenetic Trial in accordance to the protocol given by Central Council of Research in Homeopathy.”

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Keywords

Acalypha Indica, Double-blind, Drug proving, Homoeopathic pathogenetic trial, Placebo, Homoeopathy, placebo-controlled trial.

Abstract

Background

“Acalypha Indica – A Double-Blind Randomized Placebo-Controlled Parallel Study Homoeopathic Pathogenetic Trial in accordance to the protocol given by the Central Council of Research in Homeopathy.

The objective of this work is to know the:

1. To Identify the effects of Acalypha indica on the Prover with the help of a day book.
2. To analyse the symptoms observed after the compilation from the day book.

Introduction

Homoeopathic Pathogenetic trial is a specialized method used in the homoeopathic system of medicine to find out the efficacy of a new drug. It is done by giving the new drug to a healthy human being called a “prover” dose by dose to find out the signs and symptoms produced by the prover. It is a method of recording the entire signs and symptoms of a new drug. The drug is to be proven and will not have any proven records of signs and symptoms. Acalypha indica consumes parts of the plant for many therapeutic purposes

such as anthelmintic, anti-ulcer, bronchitis, asthma, wound healing, anti-bacterial and other applications.

Materials and Methods

Study Design

Double Blind Randomized, Placebo-controlled study, Parallel design.

Study Setting

The study will be undertaken at **Kamdar Homoeopathic Medical College, and Research Centre, Rajkot, Homoeopathic Hospital, and Research Centre** for conducting the study. **Investigational Medicinal Products:**

Acalypha Indica is a medicine that has been used as a choice of drug for drug proving on healthy provers.

Selection of Materials

The Homoeopathic drug Acalypha Indica will be purchased from GMP approved Homoeopathic pharmacy (DR. Willmar Schwabe Pvt Ltd. Noida). A randomized, double-blind, placebo-controlled study was conducted at **Kamdar Homoeopathic Medical College and Research Centre, Rajkot**. The drug was purchased from the Rajkot. The moisture content test for Acalypha Indica was conducted at the Department of Homoeopathic Pharmacy. Mother tincture of Acalypha Indica prepared in the Department of Homoeopathic

Pharmacy.

Route of administration/sample size/sampling technique

ROUTE OF ADMINISTRATION

Oral route

SAMPLE SIZE

40 Provers.

Group 1 (placebo) and group 2(Azadirachta indica)

(25 Provers - Drugs,

09 Provers - Placebo,

06 provers - Dropout)

SAMPLING TECHNIQUE

Simple Randomization Double Blind Placebo Control Trial.

Inclusion Criteria

Age: 18 – 60 years

Both males and females

Healthy individuals with no apparent disease and normal unprejudiced. Laboratory parameters during screening

Intelligent enough to record carefully the facts, subjective and objective Symptoms generated by the drug during proving.

Able to be informed of the nature of the study and willing to give Written informed consent.

Exclusion Criteria

Any disease or condition which might compromise the hematopoietic, renal, endocrine, Pulmonary, central nervous system, cardiovascular, immunological, dermatological, Gastrointestinal or any other body system.

Persons with colour blindness. Persons who have undergone surgery in the last two months.

Planned medical/dental treatment during the proving period including herbal or dietary supplements, procedures, or medications that are likely to interfere with, or substantially alter,

responsiveness to the proving substance.

Volunteers on regular medication (Allopathic, Ayurvedic, Homoeopathic, Naturopathic, Unani, etc.) for any acute or chronic disease.

Participants must not be on any homoeopathic remedy in the preceding month and have had no significant change in health status in the last month.

Emotionally disturbed, hysterical, or anxious persons.

Persons having a known history of allergies, food hypersensitivity, etc.

Women during pregnancy, puerperium, and while breastfeeding, and women who have undergone hysterectomy.

No Bad Hobbits.

Recent history of alcoholism/drug addictions or unlikely to refrain from excessive alcohol consumption/drug intake during the study period Participation In Another Clinical Or Proving Trial During The Last 6 Months.

Data Collection Procedure

- Screening of volunteers (form a)
- Written voluntary informed consent (form b part 1-2)
- Pre-medical examination trial P.M.E (Pre-Medical Examination) Post-medical examination trial P.M.E (Post-Medical Examination) Photographic record
- Enrolment of prover Training of participants

Acalypha Indica 30CH prepared in the Department of Homoeopathic Pharmacy. The globules were medicated with medicine. Each prover was given a start date and a convenient daily contact time. For two weeks, the provers daily noted the typical condition in their daybook. This acted as an observation phase before to prove in order to create a baseline and personal control for each prover. Each prover continued to record their symptoms in their notebooks and took the proving drug four times each day. As soon

as a new symptom appeared, the prover stopped taking the medication and informed the researcher. The prover kept track of their symptoms until none remained to support their claim. When no new symptoms or indicators appeared after three weeks, the proving was said to have been over. After then, each person’s daybooks were collected.

The data thus obtained was analysed using the George Vithoulkas grading system.

Result and Discussion

Table 1. Grading of symptoms according to vithoulkas grading scale

S. NO.	SYMPTOMS	SYMPTOMS APPEAR WITHIN 7DAYS OF STARTING MEDICINE	SYMPTOMS STRANGE/EXTRA ORDINARY	SIMILAR SYMPTOMS IN PREOBSERVATION PERIOD/PRECEDING 30DAYS	ALTERNATING CAUSES COULD HAVE CAUSED THE REACTION	READMINISTRATION	STRONGLY ASSOCIATE THE SYMPTOM WITH TRAIL MEDICINE	SYMPTOM IMPROVE WHEN TRAIL MEDICINE DISCONTINUED	SYMPTOMS ALSO OCCUR WITH PLACEBO
1	Difficulty in urination	+1		+1	+2	0	+1	0	+1
2	Body pain	+1		-1	+2	0	+1	0	+1
3	Itching all over body	+1		-1	+2	0	+1	0	+1
4	Dandruff	+1		+1	+2	0	+1	0	+1
5	Sleep unsatisfactory	+1		+1	+2	0	+1	0	+1
6	Leg sided leg pain	+1		+1	+2	0	+1	0	+1
7	Knee join pain	+1		+1	+2	0	+1	0	+1
8	Cough with sticky sputum	+1		+1	+2	0	+1	0	+1
9	stomach ache	+1		-1	+2	0	+1	0	+1
10	Mucus mixed stool	+1		+1	+2	0	+1	+1	+1
11	Tiredness	+1		+1	+2	0	+1	+1	+1
12	Thirst for hot water	+1	+3	+1	+2	0	+1	+1	+1
13	Painful micturition	-1		+1	+2	0	+1	+1	+1
14	Feverish feeling	+1		+1	+2	0	+1	+1	-2
15	Prefer sound music	-1		+1	+2	0	+1	+1	-2
16	Discomfortable	+1		+1	+2	0	+1	0	+1
17	Acrid lacrimation	+1		+1	+2	0	+1	0	+1
18	Sneezing	+1		+1	+2	0	+1	0	+1
19	Sluggishness	+1	+3	+1	+2	0	-1	0	+1
20	Desire for potato	+1		+1	+2	0	-1	+1	-2
21	Tongue ulcer	+1		+1	+2	0		+1	-2
22	Increase urge for cough during diarrhoea	+1		+1	+2	0	+1	+1	-2
23	Drowsiness	+1		+1	+2	0	+1	+1	+1
24	Difficult to walk	+1		+1	+2	0	+1	+1	+1
25	Want to be magnetised	+1		+1	+2	0	+1	+1	-2
26	Itching of forehead	+1		+1	+2	0	+1	+1	-2

Table 2: Cumulative score of the Vithoulkas grading scale

symptoms	Grade
Difficulty in urination	6
Body pain	4
Itching all over the body	4
Dandruff	6
Sleep unsatisfactory	6
Leg-sided leg pain	6
Knee joint pain	6
Cough with sticky sputum	6
stomach ache	4
Mucus mixed stool	7
Tiredness	7
Thirst for hot water	10
Painful micturition	5
Feverish feeling	4
Prefer sound music	2
discomfortable	6
Acrid lacrimation	6
Sneezing	6
Sluggishness	7
Desire for potato	2
Tongue ulcer	3
Increase urge for cough during diarrhoea	4
Drowsiness	7
Difficult to walk	7
Want to be magnetized	4
Itching of forehead	4

Symptoms of *Acalypha indica***Potency 30C****Number of provers: 40****Mind**

Prefer sound music,

discomfortable,

Sluggishness,

Drowsiness,

Want to be magnetised

Head

Itching all over the body,

Dandruff,

Itching of forehead

Eyes

Acrid lacrimation

Nose

Sneezing

Mouth

Tongue ulcer

Stomach

stomach ache,

Thirst for hot water,

Desire for potato

Rectum

Mucus mixed stool,

Increase urge for cough during diarrhoea

Urinary

Painful micturition

Cough

Cough with sticky sputum

Extremities

Leg-sided leg pain,

Knee joint pain,

Difficult to walk

Sleep

Sleep unsatisfactory

Fever

Tiredness

Feverish feeling

Skin

Itching all over the body

Researcher meetings – Daily bases.

After evaluation and study the drug picture of *Acalypha Indica* was found.**CONCLUSION**

Acalypha Indica was identified for exploring its effects on human volunteers in a homoeopathic, potentized dose. The potentization was carried out with documented force parameters. Further research on similar lines may help in homoeopathic drug discovery. Further clinical trials and evaluations can enhance the strength of the current experiment and its outcome.

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GREAT WOMEN PIONEERS OF HOMOEOPATHY

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Keywords

Pioneer, Homoeopathy, women, medicine, alternative system

Abstract

Women's role in medicine and healing is obvious throughout history, from the ancient time to the present day. Women play a great role in both mainstream and alternative systems of medicine. Through highs and lows, and centuries of discrimination, women in medicine have persisted and are continuing to do so in spite of various challenges. Like any other profession Women in medicine in the late 19th and early 20th centuries have struggled for the right to formal education and recognition as professionals and Homoeopathy is no exception to it. Women now outnumber men in medical schools. Homoeopathy was discovered by a German Physician, Dr. Christian Friedrich Samuel Hahnemann in the late 18th century. It is a therapeutic system of medicine based on the principle, "Similia Similibus Curentur " or "Let likes be treated by likes". From its time of inception it has slowly evolved and now has risen to a place of prominence in the healthcare field, globally. Men and women contributed to Homoeopathy over the past 200 years. This article highlights few women pioneers of Homoeopathy and their contribution to the system.

MARGARET LUCY TYLER (1859 -1943) <https://images.app.goo.gl/9HFhvV1Dhxc2eWEc7>

"She took up the study of medicine in order to be able to help the poor patients at the London Homeopathic Hospital. There she worked for over forty years, in various departments, and was appointed to the Staff of the hospital in 1914. She

was a great teacher. She read a drug each night before retiring, in different books to feel the spirit of the remedy... We owe much to her writings. The study of Drosera awoke a new and deep appreciation of this drug, and for the last few years she had developed an interest in the nosodes.^[1]



Main works

The Drug Pictures of homeopathic remedies, culled from every possible source, are a storehouse of information.

Editorship of the journal Homeopathy for 11 years".

Pointers to the common remedies.^[2]

DOROTHY SHEPHERD (1885-1952)



Dr. Dorothy Shepherd grew up in South India where her father was a missionary. She studied medicine at Heidelberg medical school and graduated from Edinburgh. She was raised with homeopathic medicine and as a child had

access to a copy of Hering's Domestic Physician. She went to Chicago and began her studies at the Hering Medical College. Her teachers were Dienst and Tomhagen, both pupils of James Tyler Kent. When she returned to Europe Dr. Shepherd put her new skills into practice. [3] Dr. Shepherd wrote several books on homeopathy, based on her clinical experience:

- **Homoeopathy for the 1st Aider*
- **Magic of the Minimum Dose*
- **More Magic of the Minimum Dose*
- **A Physician's Posy*
- **Homeopathy in Epidemic Diseases.*

DR PHYLLIS SPEIGHT (1920)



Dr. Phyllis Speight is British lay homeopath who is also important as publisher of homeopathic books, first through The Homeopathic Publishing Company and then through Health Science Press. Phyllis had been a student of Noel Puddephatt and her homeopathic assistant in the 1950s. Phyllis Speight is in practice since 1955, editor of The Homeopathic World 1952-67, practiced in London and Sussex. Between 1948-1995 Phyllis Speight has published numerous small books on various aspects of homeopathy.

- **A Comparison of Chronic Miasms.*
- **Before Calling the Doctor.*
- **A Study Course in Homoeopathy.*
- **Arnica the Wonder Herb.*
- **Coughs and Wheezes.*
- **Homeopathic Remedies for Children.*
- **Homeopathic Remedies for Ears, Nose and Throat.*
- **Homeopathic Remedies for Women's Ailments.*
- **Homeopathy For Emergencies.*
- **Homeopathy: A Home Prescriber.*
- **Pertinent Questions and Answers about Homeopathy.*
- **Tranquillisation: the Non-Addictive Way.*
- **Traveller's Guide To Homeopathy.*

FREDERICA.E.GLADWIN (1856-1931)



She was one of the first students to graduate from the Philadelphia Post-Graduate School of Homeopathy and served at the school as Clinician, Professor of Children's Diseases and Professor of Repertory. She also taught Pierre Schmidt how to use the repertory. She was very actively involved in homeopathy until the end of her life. Her accomplishments include being one of the founders of the American Foundation of Homeopathy and a Trustee of that foundation. She was a frequent contributor of articles, many of which are printed in the Homeopathic Recorder."

CLEMENCE SOPHIA LOZIER ((1813-1888)



"Clemence Sophia Lozier, MD, opened the first homeopathic medical school for women in 1863, the New York Medical College and Hospital for Women, because she felt that "woman was, by every instinct and aptitude of her nature, better fitted for the medical profession than man." This was the first hospital to offer a course in hygiene and preventive medicine. [4] The school's hospital was the first place in New York where women could be treated by doctors of their own gender, and its clinic attracted up to 2,000 female patients each year".

MARGERY GRACE BLACKIE (1898-1981)



Dr. Blackie qualified in medicine at the London School of Medicine for Women in 1923, and in the following year joined the staff of the London Homoeopathic Hospital. Here she came under the teaching influence of John Henry Clarke, Charles Wheeler and Douglas Borland, himself a former student of James Tyler Kent. She obtained her M.D. from the University of London in 1928. During her career she combined a busy homoeopathic general practice with her hospital work, which culminated in her appointment in 1966 as Honorary Consultant Physician to the Royal London Homoeopathic Hospital. She was Dean of the Faculty of Homoeopathy from 1965 to 1979. She was appointed Physician to Queen Elizabeth II in 1968. She was admired by her patients for her concerned approach, kindness, and skill. [7]

ELIZABETH WRIGHT-HUBBARD (1896-1967)



In 1917 Dr. Hubbard began her studies at Columbia University's College of Physicians and Surgeons. This was the first class to admit women and she was one of the first three women to graduate in 1921. Dr. Hubbard was fortunate to have spent two years in Geneva, Switzerland studying with Pierre Schmidt. Her writings, lectures, and seminars made her reputation on the international level. In 1945 she served as president of the International Hahnemannian Association. From 1959-1961 she was president of the American Institute of Homeopathy, the first woman to hold that post. For many years she was Editor of the 'Homoeopathic Recorder' and subsequently Editor of the 'Journal of the American Institute of Homeopathy'. [8]

ELIZABETH CADY STANTON (1815 – 1902)



Elizabeth Cady Stanton was an American suffragist, social activist, abolitionist, and leading figure of the early women's rights movement. She was herself a practicing homeopath from a family of homeopaths. Stanton was introduced to homeopathy at Seneca Falls by her brother in law Edward Bayard who became a homeopath after a miraculous cure. Stanton was also very close to homeopaths Jenny Poinard d'Hericourt, Clemence Lozier, Mary Baker Glover (Eddy), Emily Jennings Stowe and homeopathic supporters Lucretia Coffin Mott, Phebe Ann Coffin Hanaford, Moncure Daniel Conway, Elizabeth Peabody and Abraham Lincoln and she stated: *"I have seen wonders in homeopathy... I intend to commence life on homeopathic principles"* [9]

EMILY HOWARD JENNINGS STOWE (1831-1903)



Emily Stowe was born in South Norwich, Upper Canada [now Ontario]. She had long been interested in herbal healing (as had her mother) and homeopathy. It is likely that she had apprenticed to family friend and homeopathic physician Dr. John Lancaster during the 1840s, before entering the teaching profession. She studied homeopathic medicine at the New York Medical College for Women, from which she

gained her MD in 1867. She became Canada's first practising female physician. She became one of Canada's leading feminists and suffrage. She also significantly contributed to the advancement of women's voting rights. Dr. Stowe died in 1903, 14 years before her home province of Ontario granted full voting rights to women in 1917.^[10]

JULIA MINERVA GREEN (1871-1963)



Julia M. Green graduated in 1898 from the Boston University School of Medicine. At that time it was still a homeopathic school. She was one of 15 women in the class. She was a member of the International Hahnemannian Association. In 1922, with the closing of all the homeopathic schools, she realized that homeopathy might be lost. With a group of like-minded physicians she formed the American Foundation for Homeopathy. Julia Green was a soft-spoken woman who loomed larger than life. Her practice was taken over by Dr. Maesimund Panos, who had preceptored with her, but she continued to see patients almost until she died.^[1] Her literary contributions are *Methods of studying Materia Medica. A case of myxoma and lymphatic Leukæmia, Relationship of the behavior of children to homœopathic prescribing.*^[11]

MERCY B. JACKSON (1802 - 1877)



Mercy B. Jackson, MD, was the first woman admitted to the American Institute of Homeopathy, which by the way, voted to admit women in 1869, seven years before the AMA considered doing so. Dr. Jackson later served as professor of diseases of children for the Boston University School of Medicine and is credited with demonstrating that *Pulsatilla* can be used to turn breech babies in the womb and to speed labor. (I've personally witnessed this phenomenon and can attest to its efficacy.) Without this discovery, many women and babies would have been subjected to unnecessary surgery".

RIMA HANDLEY (1943)



Rima Handley received her doctorate in 1973 from Oxford University in medieval language and literature. In addition to her interests in homeopathy and medieval literature, she has received training in counseling and psychotherapy, particularly person-centered counselling and Psychosynthesis.^[12] Her literary contributions are:

**A homeopathic love story: the story of Samuel and Mélanie Hahnemann* by Rima Handley

**Homoeopathy for emotional.*

**In search of the later Hahnemann.*

**Homoeopathy for women.*

**An introduction to homeopathy.*

Underrated Remedy – Cuprum Metallicum (*The Eternal Metal*)

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Keywords

Cuprum Metallicum, Homeopathic Medicines, Rubrics, Clinical Symptoms, Whooping Cough

Abstract

Ancient Indians recognized the significance of copper and preferred drinking water from copper utensils. Copper, initially used in coins and ornaments in early civilizations, is an essential trace mineral found in some foods and supplements. Apart from its electrical and household appliance usage, copper holds significant potential in the field of homeopathy.

Introduction

Cuprum occupies a unique position between Camphor and Argentum Nitricum. While Camphor exhibits symptoms of collapse similar to Cuprum, and Argentum presents distress in the epigastrium with dyspnoea, Cuprum stands out due to its pronounced cramps. It finds application in various conditions, including uraemia following cholera and chlorosis after iron abuse. Moreover, it is indicated in fevers prone to relapse due to defective reaction, presenting a tendency for symptoms to relapse. (Dr. Farrington)

Proved by: Cuprum Metallicum was first mentioned in Hahnemann's book "Chronic Disease" (1828). The preparation involves grinding pure metallic copper with sugar of milk to obtain the millionth potency, from which dilutions are derived using alcohol.

Views of Different Stalwarts on the Remedy:

Lippe's Redline Symptoms

Giddiness accompanying most ailments, with the

head falling forward and on the chest.

Metastasis to the brain from other organs.

Convulsions with a blue face and clenched thumbs.

Spasm of the glottis, accompanied by blueness of the face and lips.

Clinical Insights from Pierce

Cuprum is indicated in convulsions from various causes, including worms, uraemia following cholera, and puerperal convulsions.

It proves valuable in convulsions preceding or during scarlet fever or measles outbreaks, often with symptoms of meningitis.

Convulsions are characterized by spasms of flexor muscles, clenched thumbs, loud cries, frothing at the mouth, and blueness of the face and lips.

Dr. Murphy

Cuprum acts as an anti psoric remedy, relieving internal spasm and aiding in the collapse stage of cholera.

It addresses various skin eruptions and foot sweat, corresponding to the effects of suppressed eruptions.

Its effects range from internal pains and spasms to oppression of the brain and mental disturbances.

Dr. Kent

Cuprum is pre-eminently a convulsive remedy, associated with convulsions of varying intensity across different muscle groups.

It is particularly effective in whooping cough,

where cold water alleviates spasms, and dyspnoea and thumb clenching are prominent.

Dr. Rajan Shankaran

Cuprum's core sensation revolves around being attacked and the need to retaliate, often manifesting in paroxysms.

It is linked to themes of war and defence, with delusions of rank and occupation reflecting this.

In children, this sensation may manifest as a fear of approach, leading to striking, shrieking, biting, and other aggressive behaviours.

Divine Therapy by Dr. Bhanja

Cuprum is indicated for fair-haired individuals prematurely aged due to sexual excess or overexertion.

It addresses cramps, spasms, collapse, and poor reactions, particularly in chronic conditions prone to relapse.

Cuprum's disposition includes maliciousness, a desire to injure, and attacks of rage, with physical characteristics like bluish lips and a left-side affinity.

Rubrics: Various rubrics encompassing symptoms related to convulsions, spasms, discoloration, pains, and affinities across different bodily systems are indicative of Cuprum's scope in homeopathic prescribing.

Rubrics 1 grade

Face; convulsion, spasm Discolouration, bluish cholera in Convulsions with Lips Stomach; Contraction, eructation Pain; cramping, griping, constricting, pressing. continue.

Abdomen - heat Pain: dull aching Paroxysmal, periodical, cramping, drawing, hypochondria left extending to hip Muscle – spasm

Rubrics grade 2

Kidney - suppression of urine, convulsion with Larynx and trachea- constriction larynx cough during Cough - cold drink >

Cough - constriction larynx Cough - convulsion with Cough - paroxysmal

Extremities - Clenching fingers, thumb Cramps; hands Parturition during Lower limb Leg calf

Rubrics grade 3

Generalities; convulsions Epileptic, face bluish, vomiting during Cyanosis Lassitude Paralysis, one sided, convulsion Vomiting < Perspiration >

Single Drug Rubrics

Anxiety; laughing or crying ends in profuse perspiration

Anxiety; cough before, whooping cough paroxysm of

Anxiety; bed in, spasm in, after fright

Anxiety; twitching with, finger, laughing, talking, or any exciting emotion after

Anxiety; walking slowly with sadness; whooping cough in

Mind; delusion; chair, he is repairing old General he is a

Cheerfulness alternating with sadness; whooping cough in

CONCLUSION

Cuprum Metallicum, though often overlooked, holds significant therapeutic value in homeopathy, particularly in addressing convulsions, spasms, and related symptoms across diverse clinical presentations. Its proven efficacy and broad symptomatology warrant further exploration and consideration in clinical practice.

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Leaders in Respiratory Organs

by E B Nash



ABOUT THE REVIEWER

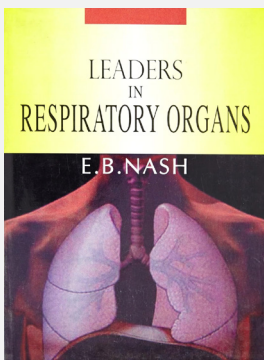
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Dr. Neeta Jain is a dedicated Assistant Professor at Pt. Jawaharlal Nehru State Homoeopathic Medical College in Kanpur, India. She is completed a master's degree in Homeopathy (Practice of Medicine) from the esteemed Government Homeopathic Medical College in Bhopal in 2020. Throughout her career, Dr. Jain has showcased her expertise by excelling in various government examinations across India, marking her as a distinguished professional in her field. Dr. Jain's scholarly endeavors are highly commendable, evident in her substantial contributions to esteemed homeopathic medical journals. Her published articles stand as a testament to her dedication to advancing knowledge and understanding in the realm of homeopathy. With her profound knowledge, unwavering commitment, and impressive academic achievements, Dr. Neeta Jain continues to inspire and contribute significantly to the field of homeopathic medicine.

LEADERS IN RESPIRATORY ORGANS: MY PERSPECTIVE



Preface: -Firstly of all, the preface was penned by EB Nash of Port Dickinson, New York. This effort

principally aims to support strapped-for-time practitioners and offer clarification to those new to the area. The abridged repertory, which can be found at the end of the book, has been meticulously chosen. Adapt with more formal terminology.

Introduction: -The book is divided into two primary sections. The initial section delves into therapeutic approaches related to respiratory tract diseases, while the subsequent section presents a condensed repertory focused on the same subject matter.

Therapeutic Part: This section comprehensively covers therapeutics related to a range of respiratory conditions, such as Catarrh, Laryngitis, Croup, Bronchitis, Asthma, Pertussis, Pneumonia, Pleuritis, Pulmonary Tuberculosis, and Cough. The author underscores an approach grounded in symptomatology, prioritizing it over an exclusive reliance on diagnosis and pathology.

Part I-Therapeutic Approaches Related to Respiratory Tract Diseases

1) Catarrh

In the segment dedicated to catarrh, the book extensively elucidates acute nasal catarrh, influenza, and chronic nasal catarrh. Furthermore, a concise repertory detailing nasal symptoms is included at the conclusion of the chapter. The content covers the causes, symptoms, diagnosis, and therapeutic approaches for acute nasal catarrh, with a detailed exploration of recommended remedies. Pertinent information on dosage, potencies, and posology is provided for select remedies. Additionally, the therapeutics are systematically outlined based on the stages of catarrh, encompassing the first stage, second stage, and third stage for comprehensive understanding and application.

Eg. Sanguinaria nitrate in third or sixth attenuation dry on the tongue once in two or three hours.

2) Chronic Nasal Catarrh

In Nash's teachings, he associates these nasal conditions with underlying factors such as syphilis and tuberculosis. He categorizes the manifestations into three forms: **simple chronic catarrh**,

hypertrophic rhinitis, and atrophic rhinitis. Dr. Nash likely provides insights into the pathological aspects of each of these stages in his work.

3) Bronchitis

According to Dr. Nash In the context of homeopathic management of bronchitis, a distinction is made between acute and chronic manifestations of the condition. Remedial approaches are tailored to each stage. In the initial, inflammatory stage, characterized by heightened reactivity and vascular changes, certain key remedies are recommended. The administration of remedies such as **aconite, belladonna, and ferrum phosphoricum** these remedies are selected based on their perceived efficacy in addressing the characteristic symptoms and pathological aspects associated with the early stages of bronchitis.

4) Pneumonia

The remedies indicated in the first stage are **aconite, belladonna, ferrum phos, and veratrum viride.** Under some remedies, the dosage and potency are given. The second stage (stage of hepatization) remedies are **bryonia, phosphorus, iodine, rhustox, hyosyamus, lachesis, sanguinaria, mercury, chelidonium, antimonium tartaricum, lycopodium, opium, kali carbonicum, carbo veg, arsenicum, sulphur and calcarea carb.** he also explains some auxiliary measures for pneumonia.

5) Pulmonary tuberculosis

According to Nash, tuberculosis is addressed with a selection of main remedies that include sulphur, psorinum, tuberculinum, hepar sulphur, calcarea carbonica, phosphorus, arsenicum album, and sanguinaria. In addition to specific remedies, Nash likely elaborates on general measures aimed at supporting the overall health and recovery of tuberculosis patients. This may involve guidance on exercises, such as abdominal and costal breathing, as well as dietary recommendations.

Important Keynotes Of 40 Remedies Are Given After It In Alphabetical Order Except Kali Sulphur.

Part II- Repertory

The therapeutic segment will be followed by a distinct section devoted to repertory. At the conclusion of the therapeutic portion, a few sections also include brief repertoires. It includes three repertory sections total, which are scattered within the book.

As a part to therapeutics to chronic nasal catarrh – Repertory to nasal symptoms

As a part to therapeutics to pertussis – Repertory to Pertussis.

Repertory to nasal symptoms.

Eg. HAY FEVER–Sabadilla, WORSE IN MORNING Nux vomica.

Repertory Proper.

The book is structured with a preface followed by thematic chapters, encompassing topics such as the larynx and trachea, cough, expectoration, respiration, and chest. The rubrics within these chapters are methodically organized, presenting a standardized format. Notably, each rubric commences with the first word in bold roman font, followed by italics. In instances where the rubric denotes a specific location, it is expressed in ordinary capitals. The arrangement of medicines within the rubrics adheres to a graded or hierarchical system based on their perceived importance. Sub Rubrics, whether indicated in italics or ordinary capitalization, are seamlessly integrated into the rubric paragraph. Locations, conditions, diseases, and additional sub rubrics are consistently presented in italics, contributing to a clear and structured delineation of information. The overall presentation adopts a coherent format, enhancing accessibility and readability for the reader.

Larynx and Trachea

The first chapter is Larynx and Trachea. It consists of **31 rubrics.** Rubrics are arranged in alphabetical order. It consists of rubrics relating to the larynx, trachea, glottis, and voice.

Cough

It starts with the rubric cough in general, followed by time represented from sunrise to sunset. After that, the rubrics are arranged in alphabetical order. It consists of **109 rubrics.**

Expectoration

It starts with time, followed by rubrics in alphabetical order. It consists of **35 rubrics.**

Respiration: It consists of rubrics in alphabetical order. It consists of **35 rubrics.**

Chest: It consists of rubrics in alphabetical order. It consists of locations like the lungs, mammae, heart, and liver. It consists of **42 rubrics.**

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