

### **A Study on Homeopathic Medicine as Prophylaxis**

Prof. (Dr.) B. P. Panda

Professor, Faculty of Homeopathic Science

Jayoti Vidyapeeth Women's University, Jaipur, Rajasthan, India

E-Mail Id: drbibhuprasad@jvwu.ac.in

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#### **Abstract**

This study shows that the increasing pressure from the allopathic world against homeopathy, we are at a time when the linking of arms by homeopaths worldwide is becoming vitally important. In the public whom we serve, there is a growing demand for a nontoxic alternative to disease prevention, perhaps especially among parents of young children. Parents are becoming educated about what is out there and have strong opinions about what they want for their little ones. The idea of using homeopathy as a prophylactic is unfortunately still controversial among many homeopaths. Considering the increasing evidence regarding vaccines, it would be wise to give Home prophylaxis fair consideration so that one can present it as an option to consider, and at the very least, refer the requesting patient/client on to a practitioner who can provide them with this option.

**Keywords:** Homeopathy; Prophylaxis; Promotion of health; Prevention of diseases; Prevention and control; Epidemic genius.

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#### **Introduction**

The goals of medicine are to promote, to preserve, to restore the health when it is impaired, and to minimize suffering human being. Prevention: means aimed to eradicating, eliminating or minimizing the impact of disease and disability, or if none of these are feasible, retarding the progress of the disease and disability. In recent times, about half the population of the world has been using Complementary and Alternative Medicine (CAM), particularly acupuncture, homeopathy and physiotherapy, with high levels of satisfaction, and awakening growing interest among physicians. The main reasons behind this trend relate to the search for therapeutic approaches prioritizing the doctor-patient relationship, valuing individuals in their integrality (body-mind-spirit) and provoking less side effects. As other preventive approaches (hygienic, dietetic, sports, etc.) that seek to keep the homeostasis functions of the organism in equilibrium as a measure of promotion of health, also individualized homeopathic treatments besides therapeutic can be rated as prophylactic tools against disease. By addressing and encompassing different types of human susceptibilities (mental, emotional, environmental, alimentary, physiological, etc.) in the understanding of the origin of disease and therapeutic decision-making, homeopathy seeks to diminish such bio-psycho-social-environmental idiosyncrasies that influence the predisposition to and the progression of diseases – an angle increasingly valued by modern physiopathology.

Independently from this intrinsic prophylactic character arising from the integrative dynamics encompassing the patientdisease binomium in an individualized way, homeopathy can contribute to the specific treatment of modern epidemics as it also did in the past, provided that the theoretical-practical assumptions postulated by Samuel Hahnemann

are followed. The principle of therapeutic similarity, homeopathy seeks to stimulate the organism to react against its own disturbs. For homeopathic medicines to awaken effective homeostasis responses they must be individualized, this means that they must be chosen according to their similarity to the set of characteristic symptoms in patients. In this way, by aiming at decreasing individual susceptibility predisposing to disease, homeopathic medicines have healing and preventive effects in many human illnesses. On the other hand, homeopathic medicines may have specific indications in the treatment and prevention of epidemic diseases provided they are also chosen according to the particular set of symptoms peculiar to a given epidemic, viz. the so-called “epidemic genius”, as historical examples show. This update paper discusses the epistemological foundations of Hahnemann’s homeopathy as a preventive medical approach, the scientific evidences supporting its clinical application and the minimum requirements to employ it both therapeutically and preventively in epidemics.

In order to systematize some features of the homeopathic medical rationality and its application in preventive clinical practice, I will approach the epistemological premises that make Hahnemann’s homeopathy a preventive approach to medicine, the scientific evidences that support some of its indications and the way to apply it both therapeutically and prophylactically in epidemic diseases. On the other hand, after suggesting a doctrinal consensus, I will also discuss some proposals to employ homeopathic medicines in epidemic diseases that do not take the epistemological features of Hahnemann’s homeopathy into account nor exhibit scientific evidence, in order to stimulate reflection and suggest possible experimental designs to back the contentions of such heterodox practices.

### **Field of Operation**

Homoeopathic medicine is effective for preventive purpose for communicable, non -communicable as well as hereditary diseases too. There are two way of producing immunity in the human body.

1. Active immunity: Here the subject to be immunized plays active role. The desire antigen is injected to the subject against which antibody is produced. Ex. Tetanus toxoid injection is administered against which body immune system produce antibody. This antibody protects the human being, when get exposed to any infecting agent. Homoeopathic Medicine produce active immunity in form of ‘Hapten’. Haptens are non-protein and non- antigenic in nature but it produce antibody against infectious disease taking the help of endogenous protein of the body (Globulin). The globulin is converted to antigen against which is antibody is produced.
2. Passive immunity: Here the plays passive role. The sera of an immune person are collected and inoculated the person to be immunized. Here the role of subject is not active.

### **Homeopathic Concept of Prohylactic**

Improvement in the methods of hygiene has created an awareness in the mind of the public at large and medical men in particular. Hygienic prophylactics have greatly helped to reduce the incidence of diseases. Rule that guides a homoeopathist to the selection of remedy should also lead him to the discovery of prophylactic.

The priori discovery of such prophylactic is scarcely possible for the members of the modern medical personnel. The first and the most celebrated of the prophylactics discovered by Hahnemann was the prevention of scarlet fever in its early

stages. Hahnemann's another observation was the use of Cuprum 30 taken once a week during the prevalence of the epidemic of cholera. Dr. Hering, in 1830, suggested that the prevention of many diseases might be found in their own morbid products. Dr. Croserio proposes a prophylactic against infection with gonorrhoea — Mercuris 30, three globules, taken on three successive nights after the suspicious contact, because of the analogy of the pathogenetic effect of gonorrhoea.

Dr. Winter, in his very learned essay on prophylaxis, says that those chiefly liable to epidemic, miasmatic and contagious diseases are such as are not in a good relative state of health, there is something wrong in their vegetative system, to which these diseases have peculiar affinity. He adds that if this defective system is corrected and eradicate the faults we can put these persons in a condition to resist these diseases.

In order to effect these changes he proposes to give successive doses of the 1st, 2nd and 3rd dilution or trituration of mercurius, followed by Sulphur, Calcarea, Lycopodium, Graphites, Aresenic. If the mother is unhealthy during the gestation of the child we should devote great attention to her treatment, as by rendering her healthier, this will greatly influence the good constitution of their foetus.

Hahnemann has suggested to give Sulphur in potency to the mother in order to free the foetus from Psora — the king of diseases.

**“Prevention is better than cure”.** Homoeopathy is the science of therapeutics and works on the law of Similar. For treating patients through Homoeopathy the primary requirement is the availability of signs and symptoms as observed by the physician and as gathered from the patient after close questioning, respectively.

“Drugs selected as remedies on the homoeopathic principle act by stimulating the reserve antidotal powers of the body as does a vaccine. The tissues acted upon are those involved in the disease process of the case in hand, or those adjacent or analogous to them.” (Neatby and Stonham).

Vaccines are used to stimulate the body mechanism even when the active disease is not present and in this manner is produced an abundance or superabundance of specific antibodies – a state of immunity against a particular disease being thus established.

In the same manner it is believed that there are few instances of the drugs exerting a similar prophylactic effect. For example, Belladonna against Scarlet fever. Thuja and Tartar emetic against small pox. We have also seen the effect of Arnica and Phosphorus before an operation to lessen shock and chloroform sickness, respectively. In order to increase sufficient stimulation and to reduce the tissue resistance, small doses must be used. Arndt's law which is emphasized by Professor Schulz of Greifswald University and is expressed by Wheeler in following terms: **“Small stimuli encourage life activity, medium to strong stimuli tend to impede it; and very strong stimuli to stop or destroy it.”**

It explains that the drugs in different doses act differently. But they act differently in health and disease owing to the altered sensitiveness to stimuli in the case of diseased tissue. Large numbers of cases are required to prove the preventive power of any agent. Although examples are provided in the case of cowpox, vaccination against small pox, and

inoculation of vaccines in case of typhoid, both these are homoeopathic procedures drug prophylaxis has not been tested under condition which suffice as proofs to a searching mind.

Organized research in this matter is beyond the resources of our investigators. It is the government that deals with the method of prevention of disease and those who are involved in its planning and execution are required to be convinced of this approach. Allen Sutherland mentions the efficacy of the homoeopathic prophylactic remedies for various conditions has not been proved by controlled studies and statistical records yet generation of homoeopaths have used these remedies in these conditions and they claim to have done it successfully. Their efficacy can be accepted even when they are not proved.

Stearns says **“There is no doubt about the antibody formation induced by drugs. The drug that most closely stimulates the disease in all its clinical aspect is more likely to be a prophylactic than one less similar”**. In case of epidemics the best prophylactic will be the remedy **“Genus epidemicus”** obtained by examining typical symptoms from the accurate observations of the first few cases. For all other conditions sought to be prevented, any remedy known to produce the identical condition suffices.

Regarding the potency to be used for such a procedure there is a wide variation of thoughts and opinions. Grimmer considers that very high dose of the 10 M affords protection throughout the epidemic. Wheeler and Kenyon write that a dose of 30th potency of the prophylactic remedy will protect at least for a fortnight. In our daily practice, we see many diseases in epidemic or endemic state, many conditions which need to be prevented in future either in the same patient or in the community that one stays in.

Measles and Chicken pox are one of the commonest of eruptive fevers that affect the children. Public health authorities have introduced plans of immunizing these children through immunization schedules. Similar immunization schedules are also planned for Diphtheria-Pertussis, Tetanus, Tuberculosis, Hepatitis, Parotitis, Poliomyelitis.

In recent times attempts have been made—with more or less success — to discover prophylactics. One of the most noted and successful of these is the introduction of vaccination by Jenner, in 1798, as prophylactic of small pox which worked to & marvelous extent. In fact it has almost wiped out small pox from the face of the earth. Recent drive to immunize children below 5 years of age through Oral polio vaccine (OPV) has attracted our attention. We have almost eliminated polio from India. There are also vaccines like DPT, MMR, which are given to newborn and growing children according to preplanned schedules. The commonly prescribed for the prevention of almost all endemic and epidemic current diseases, with no scientific evidence whatsoever supporting their efficacy and safety in humans.

**Table 1 Indication of Nosodes for the prevention of endemic and epidemic diseases.**

Type of disease	Indicated Nosode	Source material
Whooping cough	Pertussinum	Expectoration from patients with whooping cough
Diphtheria	Diphterinum	Diphtheria pseudomembrane
Scarlet fever	Scarlatinum	Lysate of desquamation from patients with scarlet fever

Influenza	Influenzinum	Culture of 2 varieties of attenuated influenza virus supplied by Institute of Pasteur, France
Meningitis	Meningococcinum	Lysate from culture of Neisseria meningitidis A and C, inactivated by heat at 120°C
Measles	Morbillinum	Oropharyngeal secretion from patients with measles
Tetanus	Tetanotoxinum	Tetanus toxin
Tuberculosis	Tuberculinum	Culture from Mycobacterium tuberculosis
Smallpox	Variolinum	Vesicle fluid from patients with smallpox

## Conclusion

The homeoprophylaxis has been in use since the days of Hahnemann. What is apparent when one considers the entire picture, noting the meticulous studies that have been and are yet being done as well as the current increasing demand of people worldwide- perhaps especially parents- for a nontoxic alternative for disease prevention, it truly makes sense to be promoting homeoprophylaxis. Our children are the most vulnerable in our society and deserve our utmost attention and concern. Not every practitioner needs to utilize HP. However, because there are many who do, support of this should be encouraged. It is an alternative people deserve to know about so that they can make an educated choice, and health for our society, especially our children, can be promoted.

As homeopaths, we need to remember the central role of the vital force and its health or susceptibility. People whose constitutional state is balanced and strong run less risk of contracting serious epidemic diseases. Timely constitutional treatment is, in the long run, the best prophylactic for health challenges. Homeopathy first became widely known and appreciated precisely because it helped overwhelmingly in earlier epidemics.

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