

Clinical
ORGANON
OF **MEDICINE**

Logic & principles of homeopathy in
easy and simple language

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*Logic & Principles of homeopathy in
easy and simple language*

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PREFACE TO THE THIRD EDITION

The third edition of "**The Bedside Organon of Medicine**" is being presented to the profession of Homeopathy after a gap of seven years. The purpose of writing this edition was constant demand from students and practitioners.

Homeopathy is becoming more and more popular amongst students and practitioners in general. However, the number of students and practitioners and their enthusiasm are not signs of progress of work, since it is the quality that actually matters. We have to look at the quality of work done and its subsequent results.

A simple example would be: some hundred years ago there were several thousands of Homeopaths in United States of America, which dropped to few hundreds about fifty years later. The reason is poor quality of homeopathy as far as education and practice is concerned.

To improve one's practice, one needs to strictly adhere to the fundamental principles of homeopathy as taught by Hahnemann. Unfortunately our present generation, especially from India and USA have been wrongly influenced, as a result of which, I see a great diversion from basic principles of homeopathy. This definitely cannot lead to any progress. Many times when we have failures, we frequently blame patients and the disease he suffers from as cause of our failure. This can be true only in some cases that have failed, but the majority of failures are chiefly due to lack of knowledge of the physicians. When I try to evaluate the success of senior homeopathic physicians with more than 15 – 20 years of

experience, I find that the success varies greatly between 25 % – 75 %. What is the reason of such a wide gap? The main reasons could be lack of knowledge and skills, and inability to apply the right methodology. Thus, failure can be due to reasons that can be grouped under defects in case-taking, case-analysis, poor knowledge of Materia Medica, wrong assessment of follow-ups, etc.

When one minutely studies the history of Homeopathy, one realizes with great astonishment that amongst thousands of Homeopathic physicians in the past, only a few have mastered their science. Simply dispensing Homeopathic medicines to a patient does not make a physician an able Homeopath, unless and until the medicine is strictly prescribed adhering to the principles laid down by Hahnemann.

Realizing the above defects in the profession, I started by writing a few chapters of 'Organon' in most easy and simple language, so that a beginner can easily follow logic and principles of Homeopathy.

In 1996, I wrote the first edition, followed by the second edition in 1999. During the last ten years, around 1 lakh copies were sold which clearly showed how well the book was received by the profession. I was greatly inspired by the writings of Hahnemann, Boenninghausen, Hering, Dunham, Guernsey, P.P. Wells, Andre Saine, George Vithoukas and Dr. Luc de Schepper. I feel the time has now arrived to strictly stay away from the teachings of unreliable teachers and so-called Gurus of Homeopathy.

I strongly recommend the teachers to read some examples and anecdotes given below, which will make them realize not to deviate from the basic and fundamental teachings of Hahnemann, as that and that only can lead to success.

Hahnemann in 'The Genius of Homeopathic Healing Art' says,

"It is impossible to guess the internal nature of diseases, and at what is secretly changed by nature in the organism, and it is folly to attempt to base the cure of them on such guess work and such propositions; it is impossible to divine the healing power of medicines according to chemical hypothesis or from their colours, smell, or taste; and it is a folly to use these substances for the cure of diseases based on such hypothesis and such propositions."

In the § 144 of the Organon:

"All conjecture, everything merely asserted or entirely fabricated, must be completely excluded from such a materia medica, everything must be the pure language of nature carefully and honestly interrogated."

In the footnote to § 285 of the Organon:

"It is a cardinal principle that distinguishes the homeopathic physician from all so-called physicians of the old school that he never uses on any of his patients, a medicine whose pathological effects he has not previously determined by careful proving on the healthy."

In the introduction to Camphora, he writes:

Camphora *"must have a sort of general pathological action, which, however, we are unable to indicate by any general expression; nor can we even attempt to do so for fear of straying into the domain of shadows, where knowledge and observation cease, whilst imagination deceives us into accepting dreams as truth; where we, in short, abandoned by the guiding of plain experience, grope about in the dark, with every desire to penetrate into the inner essence of things, about which little minds so presumptuously dogmatize, we gain nothing by such hyperphysical speculations but noxious error and self-deception."*

My deepest thanks to Dr. Nilofar Ghansar who very cheerfully and enthusiastically gave me her support as a co-author of this book. Right from its inception, she revised, made corrections and reviewed the draft of my notes and compared it to the source books. At every step, she contributed significantly to the clarity and accuracy of the book.

Ms. Sunita Shah, with her expertise and willingness to correct the language of my notes, improvised the quality and grammar of the book.

25th February, 2006.

Mumbai, India.

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PREFACE TO THE SECOND EDITION

I have completely re-edited almost all chapters as I have learned, observed and confirmed my concepts in relation to principle of Homeopathic Philosophy. In the past one decade, reading the works of Dr. George Vitholkas and having opportunity to learn under him, has influenced my many concepts for which I am grateful to him. Also works of Dr. Vassilis Ghegas, Late Dr. M. L. Dhawle and Late Dr. Sarabhai Kapadia have helped me to write this book with more maturity.

I sincerely thank Dr. Zenobia Colabawalla who worked with me as if she is writing her own book. She brought her intelligence to play in editing all my chapters in great detail with lot of sincerity and patience.

Dr. Girish J. Soni assisted me in collecting my notes and straining his vision on my computer for which I am indebted to him.

I shall not fail to extend my gratitude to Dr. Firuzi B. Dabu who has helped me in all my endeavours.

7th of July, 1999
Mumbai, India.

PREFACE TO THE FIRST EDITION

There is a great need to understand Homeopathy in the light of modern science and integrate it into a comprehensive system of medicine. I clearly remember the words of my learned teacher, Late Dr. Sarabhai Kapadia, that knowledge of Materia Medica tells us what to prescribe and knowledge of philosophy tells us how to prescribe. I have encountered numerous difficulties in interpreting the aphorisms in the Organon of Medicine. I am grateful to my teachers who have helped me solve these problems.

I have observed in the last 10 years that there is an increased demand for Homeopathy among the people and the new generation of Homeopathic students is frustrated reading books which were written more than a hundred years ago. Reading such books, the students find it difficult to come to terms with the twentieth century medical discoveries and insights into the disorders and sufferings of mankind. This book is an attempt to bridge the gap. However, this book is no substitute for the original "Organon of Medicine" by Dr. Samuel Hahnemann.

29th August, 1996

Mumbai, India.

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Chapter 2

CONSTITUTIONS

The physical make up of the body including the manner and degree of reactions to the stimuli, along with the power of resistance to the attack of pathogenic agents (physical, chemical and dynamic) is termed as its *constitution*. Everyone is susceptible to something and immune to something else, the more robust the constitution the stronger and broader resistance will be.

DR. GALIEN'S CLASSIFICATION (OR TEMPERA- MENTS IN HOMEOPATHY

1. Sanguine

Oversensitive, emotional people, optimistic, willing to take up risks, impulsive people.

Constitutionally they are short statured, obese, with a tendency to plethora and all kinds of hemorrhages. Eg.: piles, hemorrhoid, etc.

Peace loving people, they prefer harmony around them, slow but efficient, tactful people, persevering and careful in work.

Sensitive to criticism, they dislike being hurried, submissive.

2. Dr. Claude Sigaud Classified People into Four Types:

- Respiratory
- Digestive
- Muscular
- Cerebral

3. Kresischmer Classified People According to their Body Built:

- *Asthenic*

Lean and thin due to want of fat, tall, flat chested.

- *Athletic*

Strong built, with strong muscles.

- *Pyconic*

Fat and bulky

4. Dr. Hahnemann Classified People into three Categories:

- Syphilitic.
- Sycotic.
- Psoric

5. The three constitutions suggested by Dr. Von Grauvogl:

- Oxygenoid constitution.
- Hydrogenoid constitution.

- Carbo-nitrogenoid constitution.

The elements oxygen, hydrogen, nitrogen and carbon and also water form the bases of Dr. Von Grauvogl constitutions.

The divisions are made according to the excess of a certain element in the tissue and blood.

Oxygenoid — excess of oxygen.

Hydrogenoid — excess of water.

Carbogenoid — excess of carbon and nitrogen.

1. Oxygenoid Constitution

- The persons of Oxygenoid constitution are tall, lean, and thin with long limbs, flat chest prematurely old looking with long fingers.
- Due to excess of oxygen they are plethoric.
- These persons are nervous, restless and have a destructive tendency.
- They are more prone to pulmonary tuberculosis and diseases resulting in tissue destruction.
- Modalities:** The common modalities seen are:
 - Aggravations:*
 - by cold.
 - sea.
 - open air.
 - change in weather.
 - before storm.
 - hunger with.
 - Ameliorations:*
 - better by rest.

- while eating.

- dry air.

This constitutional group more or less is similar to "Syphilitic constitution of Hahnemann's classification.

2. Hydrogenoid Constitution

- i. Constitutionally these patients are flat, flabby having short limbs. (edematous)

- ii. Slow in action, no inclination to any activity, get tired easily.

- iii. Extremities, legs and hands are cold and clammy.

- iv. Patients pre-disposed to asthmatic conditions, stone formations, inflammations and swellings.

- v. **Modalities:**

- a. *Aggravations:*

- rainy season.

- humid weather.

- bathing.

- eating fish.

- eating food that grow in water, like rice, cucumber, carrot etc.

- cold drinks and damp places.

- b. *Ameliorations:*

- heat, summer season, dry weather, dry places

This constitutional group corresponds to 'Sycotic' constitution as described by Hahnemann.