

PREDICTIVE HOMOEOPATHY

PART I

THEORY OF SUPPRESSION

Dr. Prafull Vijayakar

L.C.E.H. (Bom.)

Consultant Homoeopath

President- INDIAN INSTITUTE OF HOMOEOPATHIC PHYSICIANS (Mumbai)

Ex- Hon. Consultant -- Govt. Homoeopathic Hospital, Mumbai

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**Dedicated
to**

MOTHER

Mrs. Mohini Vijayakar
Who left for heavenly abode
On 17th April 1999

About the Author

In every field, during a particular era, there is an individual, who stands up to a cause. There is a 'North Star' in the sky, to guide the 'navigator,' who might erringly go astray while reaching his destination. The star gives direction, through sheer stability!

In order to achieve anything in life, the foremost requisites are belief in oneself and Positivity. This quality is not to the extreme of the fanatic, who just forces his views on others; just because HE thinks HE is right! The Positivity here is based on years of experience, and supported by proofs. The confirmations are, through basic universally accepted laws. The 'theories' put forward are, an awareness, a stimulus, or a desire to revive a science that a man 'foresaw' more than 2 centuries ago. Homoeopathy as such is widely accepted throughout the world. It specially has a very firm footing in India, thanks to the dedicated physicians in this field. The popularity seems to have stemmed from the fact that, the homoeopathic medicine is very 'safe,' easy to take and has a panacea for their ailment, at their own whim and fancy, whenever required!

The above thoughts and so many other frustrating situations, in a practice spread over 22 years, set Dr. Prafull Vijayakar's mind 'ticking' for that 'something more' in a practice which was already giving him kudos.

Dr. Prafull Vijayakar is an eminent classical homoeopath of Mumbai city. He is an honorary physician at the Government homoeopathic hospital at Irla, Mumbai, and a

very active worker in the Indian Institute of Homoeopathic Physicians. This is a national organization, and Dr. Vijayakar leads this association as President, at the Mumbai level. It was through his dedication and untiring efforts that the association is doing good constructive work in homoeopathy. He is also the joint secretary, All India I.I.H.P., In charge of Gujarat, Maharashtra, Goa and Karnataka. Dr. Vijayakar with his powerful oratorship, and command over his subject, has won laurels in all his seminars lectures. Homoeopathy as he says is based on immutable laws of science and nature. This, coupled with his vast experience, seeing around 200 patients per day, has made him very firm in his belief in, the "Scope" of Homoeopathy. He is the one to fight for a right cause. Hence, with his positive attitude and forceful drive, he moves on confidently on his chosen mission i.e. propagation of the "right" homoeopathy. He believes striking at the roots, hence his lectures are aimed at stimulating and encouraging the young upcoming practitioners of Homoeopathy. Believing in selfless service he is always ready to share all his "new" ideas in practice and helps others to the road of success.

Dedication, commitment, untiring effort in practice and depth of study in all required branches of medicine has helped him to explain the basis of the principles of Homoeopathy. He is the pioneer in this scientific explanation through his famous "Dr. Vijayakar's chart of suppression" the 7 layers of Suppression of disease, and then cures in the opposite direction. It is thus that Dr. Vijayakar marches on, full of positivity and vibrant energy, and confident in his study of classifying Homoeopathy. With his omnipresent wit and ardent study he has an

answer for every query thus making him very popular. Being a firm believer in cosmic sciences and astrology and phenomenon's like lunar aggravations, predispositions, physiognomy, all predictions like mathematics are Dr. Vijayakar's forte. The conviction with which he predicts the course of the disease after the similitum is administered should be seen & believed. Hence his stress on the importance of a follow up.

Dr. Vijayakar has a 'penchant' for travelling (enjoys nature), driving, music, drawing, handicrafts, poetry, a voracious reader and, a fun-loving person with strong family ties. He has been able to put into print, the first of his publication of a series of three.

It will be a pleasure to receive a feedback from all the enthusiastic readers.

Towards unity in Homoeopathy.

Aude Sapare

.....Dr. Sucheta Desai

Introduction

There is a fathomless chasm existing between Homoeopathic principles and science. It has been deepened by misunderstanding of principles and misconceptions which have prevented each of them to be benefited by mutual interaction.

This book is an humble attempt to bridge the chasm. This work of mine on the 'Theory of Suppression' is based on basic principles of immunology, genetics, embryology, human biochemistry and neuro-endocrinology. This is an attempt by me to remove homoeopathy from age-gold confinement of being a blind symptom based science or a mystic science and introduce it to the world as a post-modern scientific science. I have just put forth before the homoeopathic world a concrete **chart of 'suppression'** and direction of cure which if properly understood will remove the **element of uncertainty and low success rate** prevailing for centuries in Homoeopathic practise.

This is by no means a flawless theory. With this in mind I would like to end this foreword by asking fellow homoeopaths who read this book to use my 'chart' in daily practice and try to confirm or rectify it with their own personal experiences. Feedbacks and suggestions are welcome and will enhance the purpose of this book. This book I hope shall be the basis of more work in future.

With blessings I 'yearn
from the 'father' Dr. Hahnemann
we hope to rectify all that is
wrong in the Homoeopathic 'Clan'.

Acknowledgements

Writing a book was never my aim. The credits if any for making my thoughts and experiences see the light of the day should primarily go to my near and dear friends, students and assistants who have coaxed me to put my theories in black and white.

Let me start by expressing my gratitude to the large number of patients whom I have examined and treated in the past 22 years of my practice. Without their passive co-operation, through which I gained in knowledge and practical experience this sort of work would never have been possible.

My foundation, to a scientific Homoeopathy is based on Allopathy. The quick diagnosis, the differential diagnosis, the prognostic qualities and above all the observations and application of all this to please and capture the patients have been endowed to me by my mentor and father Dr. Gajanan Vijayakar. He has always been a friend, philosopher and guide to me. His guidance to me when I practiced allopathy under him, his timely advise to me to switch over from allopathy to homoeopathy and his over encouraging attitude in all my experiments and ventures inspite of being an allopath forms the very foundation of my knowledge and achievements today.

Homoeopathy is 'Mathematics' this is what I always quote. By this I mean that there is no scope for uncertainty in Homoeopathy. Practice like mathematics if all the 'signs' and the figures are taken into consideration and the equation between the drug picture and the patients picture

is well balanced cure is imminent. To be a good homoeopath 'mathematical calculations' and 'analyses' of the situation is very important. The credit to develop such qualities in my mind goes to none other than my mother Mrs. Mohini Vijayakar herself a Xavierite whose command on Mathematics, English and French she transferred to me and which has come in handy from time to time (in understanding and analyzing different and difficult words and situations.)

Without my wife Preeti's patience it would have been impossible for me to devote so much time to my patients and my work. The burden on her shoulders of dealing with the day-to-dry cores of a joint family, bringing up two naughty boys Tarang and Ambrish, helping me with my personal and official work and above all bearing a complex husband and his complexities is really a Herculean task possible only because of her undaunted love for me.

Having been involved in a 'holistic' science for 22 long years one cannot but resist the temptation of an analogy with the same. I am grateful to the Almighty to have bestowed upon me blessing in the form of a holistic friend in Dr. Sucheta Desai. A friendship lasting for over 25 years. She was the one to whom I expressed my every new thought and theory for approval and criticism. A silent, dedicated and 'selfless' person to the core she provided a perfect balance to my loud aggressive and impulsive personality. In my achievement her's is a rare, incredible and tremendous contribution.

In my success in this field 'God' has given me many other friends also, who have been helping me day-in and day out. Dr. Narendra Mehta's maturity and advice have been of tremendous utility. Besides, his frankness, out spokenness and 'practicality' has helped me innumerable times to cut down my 'short comings' and improve upon myself. His positive approach to any problem is an example enough to give a boost to any sinking morale. His actions amply justified an old saying and even modified it - "an amicable critique is Man's best friend." My morale has been constantly boosted by other friends Dr. Satya Shetty and Dr. Rashida Reshamwala who have been ready to help me in all possible ways even to the extent of proving my theories in their clinics.

The artist in a doctor is visible when one appreciates the colorful chart on the cover page of this book, and within. This colour has been added by none other than the artist-doctor Dr. Himanshu Desai M. D. Thanks to the pathologist part of him which was responsible for my basic knowledge on pathology and immunology. My earlier discussion with him perhaps, was a stimulus to my brain which cascaded into various theories and hypothesis.

Unlimited thanks are due to all my assistants past and present. Dr. Vaishali, Dr. Twinkle, Dr. Vidyut, Dr. Savita, Dr. Ashish, Dr. Deepti, Dr. Reshma, Dr. Vinita who have worked with me in this venture sincerely honestly and enthusiastically probing the patients to prove and reprove my theory of mathematical propagation of disease. They have worked like ones possessed to assist me. My dispensing staff of Suresh, Deepak, Sugandha and Jyoti requires a special mention. They have been with me for

the last 15 to 17 years. (But consistently worked with me up to past midnight never grumbling about time or caring for hunger. Their smiles, co-operation has gone a long way in encouraging me to work tirelessly for fifteen hours a day. Thanks also are due to all my past assistant doctors who have aided unabatedly my theories by giving me fruitful feedbacks.

After all, 'me' knowing nothing about printing, publishing, copy rights etc. a dynamic enthusiastic, ever helpful Mr. Sunderji Pasad has emerged as 'God sent messenger' and worked to complete this book in record time. Thanks to him for his unstinted support.

Thanks finally to the Masters of homoeopathy Dr. Hahnemann, Dr. Kent, Dr. Clarke and others without whom we would never have been aware of a science called 'Homoeopathy'.

Foreword (1st Edition)

India is known for its medical science in which Homoeopathy has a special status for the last Two Centuries. Unfortunately homoeopathy was pushed to the back seat during the British ages. But late in 20th Century, not only India, but the entire worlds, in particular European countries, have realized the importance of this science. The credit goes to a few Homoeopathic doctors who are dedicated to this wing of the medical science. Dr. Prafull Vijayakar is an eminent Homoeopath in Mumbai. At a very young age, as a Homoeopathic doctor, not only has he made a name for himself, but he has also upgraded the status of this science. As a close associate of the Vijayakar family, I have been closely observing the growing popularity of Dr. Prafull Vijayakar. The secret of this, I consider, is that his thinking is always patient oriented. Each patient appearing before him is a subject of investigation. This results in a deep study of the human body and reaches the root cause of any sickness.

As an Ambassador of Indian Homoeopathy, Dr. Vijayakar has been propagating this science in many other countries. Normally the diagnosis of any disease is done in an isolated form. This some times resulted in further complications. Now Dr. Vijayakar has done some very brilliant research in classifying the human body along with the medical problems into seven regions. The clarity of research is so evident that this book will serve as a doctor to a family for remedial purposes. Nobody ever thought that even a small scratch on the body, if ignored at the initial stages might travel across the "7 seas" and land into cancerous death-trap.

Having undergone major by-pass surgery recently I, am very conscious of the importance of this book, not only for preliminary precautions, but also for post operative care to be taken after major operations.

His father being a doctor, Dr. Prafull Vijayakar has a very high tradition of medical science and is a God gifted child.

The research of classifying the body into 7 parts which has been successfully done by Dr. Vijayakar will be a watershed in the Homoeopathy world and I am sure it will serve as a fuel for the flight of this suppressed wing of medical science around the world.

I wish Dr. Prafull Vijayakar the best of luck. I am confident that this book will be a path breaker, leading this science into the 21st Century.

Pramod Navalkar Minister

Transport, Cultural Affairs, Ports, Protocol and Prohibition
Propaganda Excerpts

Chapter 1:

Theory of Suppression and progression of disease

In the world of homoeopathy every homoeopath seems to be claiming excellent results, be it with four to five medicines at a time, with multiple repetitions in a day, or single medicine single dose. There are scores of homoeopaths, both non-qualified and qualified (unfortunately), who have been making diseases and symptoms disappear in a patient oblivious of what happened next. All the same they all seem to vouch for their results. Now the million dollar question is "What is a Homoeopathic Result? Let us assess the following case.

"What is a Homoeopathic Result?"

Case 1:

Miss V. G. Age 19 years. had suffered from asthma every since childhood, from 12-15 years. After having been treated homoeopathically for a period of 6 months, she was happy. She had no attack for 1 year. A year later she came back with a severe relapse. The acute asthmatic attack could not be controlled by her general physician,

and she had to be hospitalized. Nevertheless the patient herself and her parents were happy with the homoeopathic result, which had prevented her from getting regular asthmatic attacks for the last 1 year.

An intelligent homoeopath is the one who assesses his result by quality and not quantity. Absence of an attack for some time should be followed, if at all by milder attacks. This is in keeping with a true homoeopathic result. A homoeopathic medicine cures a patient by decreasing his sensitivity of an allergen, in short reducing the intensity and frequencies. Hence a homoeopath strengthens the patient and weakens the disease. In this above mentioned case there was an evidence of the strengthening of the disease, hence it goes without saying that one has to encounter symptoms & signs in the patient which shall indicate weakening of the patient as a whole.

*Weakening of a patient as a whole may mathematically point out to **'Generals' and 'Mentals' deteriorating.***

Further interrogation revealed the following facts. The girl who used to study on her own and secure high percentage of marks had become **dull** in studies in the last year or so. Her interest in studies had **waned**. She would feel 'bored' to study and would feel sleepy in her class. Her performance in maths had gone down. Alarmingly her eyesight had deteriorated over the year. Her mother complained that this was due to 'her not feeling hungry at all nowadays. She had disturbed sleep with dangerous dreams. All this was coupled with loss of weight and dark circles increasing around the eyes. She

was also alarmed by sudden and profuse loss of hair over the months.

Is this a good or bad result?

In the above mentioned case the patient was 'Cured' of her chronic discomforting disease but at what cost? At the cost of making her old and setting in premature old age at 16 years, with falling hair, weakening of eyesight, loss of stamina, for work and studies, and even loss of interest in studies which she loved before.

We have to remember that our science Homoeopathy is a **Holistic** or **Wholistic** science, wherein we treat the **man in disease and NOT disease in man**. It is obvious from the above facts that the Disease has disappeared but the MAN'S (in this case the patient Miss V. G.'s) health has not improved but 'has gone to dogs'.

How many of us are aware of the fact that day in and day out what we claim as **cures**, may not be real cures, and may be **dangerous Suppressions**.

Chapter 2

REASONS FOR SUPPRESSIONS

The reasons for the above predicament are mainly five.

- (1) Many of us homoeopaths are not aware that **homoeopathy** can also **suppress**. Hence they tend to prescribe rather casually eg: Nux.V. for constipation, Ignatia for grief; Arnica for injury; Staph. for mortification etc.
- (2) Very few homoeopaths tend to follow the **'Herrings Law of Cure'**.
- (3) Even if they do want to follow, they shall never see it until the **Right Constitutional Similimum is struck**.
- (4) The **right** constitutional similimum can never be struck until they apply the **cardinal principles rigidly**.

- (5) Even if they do want to follow the **Law of Cure**, they have no definite guidelines as to which is the more important organ and which is the less important organ? what is the meaning of inside-out direction of cure and so on.

My practice of Homoeopathy in the first ten years I confess, has been far from correct. I used to prescribe on single symptoms; particular symptoms; on pathology only; on particulars; only on mental etc. Not only the concept or base of prescribing was different at different times but also the posology principles differed .I used to prescribe single remedies; multiple remedies; formulae; three times a day or even hourly. I confess that a lack of proper guidelines or may be misunderstanding of those rules already laid down in the organon - philosophy and no standardization of `practice due to lack of scientific correlation were and are, even today, the chief cause of young Homoeopaths going astray.

Those who learn from their mistakes are paltry few. Those who don't and go on repeating those mistakes are plenty. There are some them who even enjoy pride of place as `good homoeopath` in a `misled homoeopathic community`, making (and breaking) rules of running colleges by being member or leader of some or the other council in homoeopathy.

To prove my point I am here with quoting and relating few of my cases in the first ten yrs and next 10yrs of my 25yrs practise.

Case: - An old lady of 60 plus suffering from chronic migrainous headache for fifteen years was treated successfully by me in the initial days of my practice. She had presented with the following symptoms:

(a) Acute headache-frontal & occipital with severe nausea and vomiting accompanying it.

(b) Burning in the oesophagus with excessive ropy salivation.

(c) Vomiting was spasmodic and greenish in colour. After having 'tried' several medicines for migraine. I finally got result with Iris Versi 1000 repeated three times a day for 2-3 months. Three months had barely elapsed after I cured (?) her long standing illness when she started getting mild tremors in the right thumb. This was followed by tremors in the hands and within a year's time she was a full fledged case of Parkinsonism.

Today for the last 15 years. She has been progressively crippled almost to the extent of being a tremulous vegetable.

Case :-Another lady coming to me with widespread baldness was completely and miraculously cured (?) by me with Vinca minor 200 administered repeatedly for six months on the basis that the hair which had fallen off were being replaced by white hair. This case earned me lot of fame as well as patients but, gave my conscience a tremendous turmoil as I saw this woman develop a

dreaded tumour in the breast which turned out to be malignant.

Other Results

- Many cases of children with recurrent tonsillitis treated by me with specifics and mixtures have been found by me to come back with **dullness** of memory. They **fail** to pass in subjects in which they used to previously secure high marks.
The parents are happy that the child has overcome the disease, has developed good immunity to cold drinks, cold weather, changes in weather etc. They are happy that the child has **put on** weight and become chubby but they do not relate the loss of memory or **dulling** of intellect, to the **disappearance** of cough and cold.
- Young boys with chronic bronchitis and asthmas have been treated with remarkable acumen and relief. They stop getting attacks of bronchitis and wheezing much to the satisfaction of the parents. These children gradually change in their 'LOOKS', 'APPEARANCE', and behaviour. They become obese, the features start rounding, the nose changes from sharp to plump. The face changes from long thin to fleshy and pulpy. Some allopathic friends start accusing this homoeopath of clandestinely administering steroids looking at the MOON-FACE. The homoeopath is sure he has not administered steroids and though baffled, defends himself vainly by arguing that the boy has become obviously healthy. This 'healthy' boy unfortunately starts getting tired **now**. **Tired** on going upstairs, **tired**

on cycling, on playing. **Lethargy** creeps in. He is blamed for his over eating and less exercise which could be the cause for his predicament.

The reason is far from any one of them!

The treatment of bronchitis and asthma was with a partial similimum. It has suppressed the child now from previous **psoric-disease-manifestation** to a **sycotic-disease** manifestation. **SYCOSIS** which stands for **slowness, stoutyness, under-coverness, deceitfulness** and is now making the child express **lethargy, obesity, false-healthy-look**. Then obviously **undercoverness** is going to express itself into an underlying silent disease. At the age of 14-15yrs this boy's blood pressure shall start showing higher limits. If this process is not nipped in the bud the young boy becomes a frank hypertensive with blood pressure measuring 140/100 mm of Hg and that too, at the raw age of 20yrs!

How many of us know that in order to cure his hypertension we have to make the psoric asthma come back **transiently**. This should be followed by dry cough at laryngeal or pharyngeal level. This should be further followed by sneezing and then onto skin by transient **psoric eruptions**. This skin eruptions should also proceed in the downward direction. Above all these should not be interfered with by any medicines local or internal because it is the **vital force** itself which is curing all along and **not** our **homoeopathic medicine**, because the work of the homoeopathic **single** dose administered was **only** to **stimulate** the immune reaction to cure!

- Many cases of children with recurrent tonsillitis treated by me with specifics and mixtures have been found by me to come back with dullness of memory, failing to pass in subjects in which they used to previously secure high marks.
- Asthma has been made to disappear much to the satisfaction of patients only to create hypertension or ischemic heart diseases in them.
- Lumbago and sciatica patients are bound to develop blood pressure problems or cardiac ischemia or heart attacks if not treated properly with allopathy, homoeopathy or ayurvedic remedies.
- Treatment of hyperacidity ends up in pain or affection of some cartilage somewhere in the knee, back or even nasal cartilage or thickening of vocal cords.
- Putting eye drops to cure conjunctivitis or ear drops to cure otitis media can produce cough, asthma, pain in the wrist or shoulder or any other joint.

The list is endless. One has to realize that Disease **Symptoms Disappear only to reappear in a different system, tissue or organ**. If the reappearance is in *progressively lesser* important organs or systems it is proceeding towards "**cure**". If its progress is towards **more important systems** or organs it results in **Suppressions**.

In the 1st and 2nd case above it is obvious that the drugs Iris V and Vinca Minor were a 'similimum' to the disease and not 'similimum' to the constitution. Hence I ended up removing the disease but was not able to strengthen the constitution.

Chapter 3:

DIRECTION OF CURE

Now what are less important organs and what are more important organs? This has been the biggest question looming large in front of all Homoeopaths. The direction of "Cure" has been laid down by "Hering's Law of Cure" with the following corollaries:

Cure takes place with symptoms disappearing from

- (a) Above-Downwards.
- (b) Inside-Outwards.
- (c) Centre to Periphery.
- (d) From more important to less important organ
- (e) In the reverse order of their appearance.

Some of these directions seem to confuse the homoeopath since they apparently contradict each other.

A case of asthma getting better on catarrh in the chest reducing followed by dry cough and further by sneezing should be taken as direction down-up-wards? i.e. wrong direction? or from inside-out right direction? A case of hyperacidity and burning in the stomach disappearing and tingling numbness in hands appearing is to be taken as what direction-inside-out, centre to periphery? (both right directions or from lesser important organ-stomach to more important nervous system?) (right direction?) Similarly cough and recurrent bronchitis disappearing only to give rise to Leucoderma on skin is exteriorization of disease? i.e. good direction or bad? These and many other questions arise in our minds and confuse us to the extent of neglecting the law of cure. This non-abidance of the law of cure on '**Lawlessness**' in homoeopathic practice is the sole cause of homoeopaths not being confident in their practice and not ready to accept risks in emergency cases infarction of heart, tuberculosis, etc.; all on their own. This has unfortunately given homoeopathy a rank of **auxillary** science only to be used when there is no immediate risk to life along with other conventional therapy going on. We ourselves belittle the scope of homoeopathy due to our ignorance. This ignorance or lack of knowledge of "Human Sciences" e.g. proper anatomy, physiology, embryology, immunology, neuro-endocrinology, human biochemistry, genetics, etc. have prompted many of us to put forth their own "Theories of Cure" to suit our own convenience. But, these theories do not stand the test of time & science.

Hence after 22 years. of practical experience which includes allopathic practice, wrong homoeopathic practice (with mixing of drug specifics, prescriptions based on all

possible wrong principles in homoeopathy) and above all after an in depth study of Human Sciences; e.g. embryology, genetics, immunology and physiology, etc. I have been able to set up a chart of progression of disease which I have seen, experienced, again and again in my practice. This chart indicates that all that is happening in the human body whether cure or diseases are mathematical in progression. There is a certain '**order in Disorder**'.

Since the '**disease**' axis proceeds towards deterioration of human life and finally death, the '**cure**' axis has to be exactly opposite leading to appreciation of living values and healthy life (but not immortality). Hence this chart of disease can also be used productively like a **compass** to gauge the direction of Hearing's Law of Cure.

Chapter 4

Chart of Seven Layers of Suppression and Progression of Disease

Note:

1. Human being has essentially 7 layers of suppressions, denoted in the chart in order of importance from down upwards.
2. The least important Skin arising from Ectoderm is at the bottom of the chart followed by more and more important levels above.
3. Every layer has also sub-levels of importance which are not shown in this chart e.g. respiratory tract and gastro-intestinal tract both are in the same level (ectoderm) but transfer of disease from **respiratory tract to G.I.T.** is suppression. Urinary tract is still higher in importance.

4. Emotions, attitudes, behaviour, anxieties, delusions etc. arise from the secretions in the 'limbic system', which varies with varying bio-chemical reactions at the humoral level and neuro-endocrinal level. Neuro transmitters like serotonin, norepinephrine (sadness grief); A.C.T.H (fear); encephalin endorphin (painlessness) etc. can be secreted or depressed at all levels (layers) in different proportions in different individuals and helps us in individualization.

5. Mind: The 7th layer of suppression. Mind is not actually the emotions of lover fear anxiety illusion, delusions and hallucination. Affection of Mind means -affection of Basic Cell Code. Every cell has Genetic Code which has two parts.

(a) Basic cell code common to all living cell either plant, animal or man.

(b) Inherited Code: Code inherited from parents and species. (See explanation of chart).

Chapter 5

Explanation Of The Chart Of 7 Layers Of Suppression

It is noteworthy that disease exhibits symptoms in tissues and organs where the immunity is impaired. A person having impairment of immunity in respiratory tract shall show a tendency to cough, cold and catarrh frequently. If this impairment of immunity shifts to G.I.T., he shall suffer from diarrhoea or dysentery frequently. This **impaired immunity** at local cellular and tissue levels produce **toxins** which are transported higher and higher through the 7 layers by what is called active **Trans-cell transport**. This active transport through cells is done with the help of intrinsic and extrinsic proteins in the cell wall. Active transport, as a rule is against a gradient and hence requires **energy**. This energy is taken from **A.T.P.**, in **mitochondria** of every cell. Thus **every time a disease is suppressed, the toxins are pushed upwards**. The stored **energy A.T.P.**, which was supposed to be used for daily natural activities of the cell is **used up**. **This gives rise to weakness**. This proves the fact that **any treatment which is accompanied by weakness is leading to Suppression**. Any treatment which

produces a sense of well being by pushing the toxins downwards by enhancing already existing nutritive gradients is proceeding towards 'Cure' (See explanation of nutritive gradient).

Hence a **partially similar drug shall remove symptoms but produce weakness but only a right 'Constitutional Similimum' shall remove disease and remove weakness giving a desire and stamina to work. DESIRE TO WORK AND STAMINA** to work and perform daily chores are the most important parameters in any kind of Homoeopathic treatment.

Elaboration of The Chart Of 7 Layers Of Suppression

The Chart of 7 layers of suppression is the only 'Compass' which when applied can distinguish a right similimum from a wrong similimum. It is the only means of ascertaining whether a Homoeopath's prescription is curative or suppressive.

1st Stage of Disease suppression:

1st stage of diseases is impaired immunity in the Ectoderm. (Dr. Hahnemann said “the origin of all diseases is in psora”).

When immunity is impaired at the ectoderm levels the disease is said to be in its first stage. It is relatively the outermost and the least important organ of the body. When the immunity at the cellular level here is low or the fighting powers against bacteria and virus go down. This gives opportunity to these bacteria to attack the cells and tissues and reside here. Inflammation follows, and these

ectoderm derivatives are now said to be dysfunctional and hence diseased.

The ectodermal derivatives where the disease may begin are:

(a) Skin (epidermis): eczema, fungal infections, bacterial (i.e. streptococcal, staphylococcal) infections, nonspecific boils etc. (It is to be remembered here that Psoriasis is of dermal origin having its effect on epidermis), Lichen Planus (Similar) and Leucoderma (destruction of melanocytes whose origin belongs to A.P.U.D. system) etc., are not 1st stage ectodermal diseases)

(b) Anterior epithelium of Cornea, Anterior epithelium of conjunctiva, epithelium of iris.

(c) Lens of Eyes (i.e. Cataract is 1st stage disease).

(d) Hair (not hair fall from roots), nails, enamel of teeth.

(e) External auditory canal, tympanic membrane, lower part of anal canal, terminal part of male urethra, outer part of vagina etc.

(f) Lips, cheeks, gums, outer part of tonsils.

Age: Infant and children suffer predominantly from disease of ectoderm.

A patient with skin eruptions or cracks with burning better by warmth, characteristic sticky discharge with scabs covering it may be treated by different homoeopaths

differently. One will prescribe Graphites 30 because of the sticky discharge, the other will give Mezereum 30, looking at the scabs or a third will give Sulphur just because the patient has psora and has burning. A fourth will differ from all of these and give Arsenic Album 200 saying that burning better by warmth is characteristic of Arsenic album and hence it has to cure.

Obviously all these prescribers vouch for their prescriptions and guarantee the result as per their years of experience. Certainly, the follow up after a month is encouraging, with the skin eruptions receding and finally residual eruptions still remaining the patient is told to increase the dosage from 3 times a day to 4 times a day failing which the prescriber hikes up the potency to 1000, 10m, CM or change to frequent repetition of 50 millisemal potency. Lo and Behold! the patient after all these hammerings is bound to be free of the initial complaint, barring perhaps or few symptoms which have cropped up like indolence, sleep disturbed by fearful dreams and bowels not clear. The patient is extremely happy that his homoeopath has got rid of his chronic ailment which his allopathic counterpart, was not able to achieve. The homoeopath is also happy at his success and more so, that his 'way' of practice is result oriented.

A few days later, the same patient now having full faith on his homoeopath, blames pollution for his rhinitis, and promises to cure him as he did his skin. Either Allium cepa or Euphrasia or Arum tri, or Solanum lycopus is repeated 3 to 4 times a day for a number of days to find the patient again free of sneezing and coryza. A few days later the patient comes with cough and superadded

breathlessness. Now the patient is consoled by the homoeopath as being victim of 'hereditary' asthma which his father or mother ought to have suffered. Or else 'your parents could have suffered from TB if not asthma", is the vain argument put forth by the homoeopath.

Some patients especially children after treatment for skin eruptions may develop, acute spasmodic pain in abdomen, instead of respiratory tract problems.

Some children after having been treated for acute catarrh with homoeopathic drugs or antibiotics may land up with relapsing diarrhoea or urinary-tract infections.

The Disease has now travelled from Ectoderm (Skin) to the Endoderm (Resp. Tr.)

2nd stage of Disease Suppression:

(Ectoderm to Endoderm)

Disease is said to be in second stage when symptoms manifest in the Endodermal Derivatives:

- a. Respiratory tract epithelium.
- b. Gastro intestinal tract epithelium.
- c. Urinary tract epithelium (urinary bladder epithelium)
- d. Epithelium of gall bladder and extra hepatic duct.

e. Endodermal cells of liver parenchyma.

Diseases: e.g. rhinitis

pharyngitis bronchitis

gastritis acidity

aphthous stomatitis

cystitis leucorrhoea

vagnitis jaundice (hepatitis)

typhoid

Here the disturbances are in the functional elements i.e. the mucus membrane endothelium, and not in the structural element or parenchyma. (Diseases like pulmonary kochs, atelectasis, chronic renal failures which are associated with the parenchyma, do not come in this level).

Age:-Children from 1 year to teenage are more prone to endodermal affectations.

The patient is now put on Antim tart for the catarrh or Ars alb, Blatta orien as a bronchodilator. It is rare that the patient on such a treatment ever responds favourably. Hence the homoeopathic physician advices to take help of asthalin, syrup or tablets, theo-pred, vent, decadron, or a pump, when his attack is really bad.

If the homoeopath manages to relieve him with any such homoeopathic medicines given 3 times a day or with gradually increasing potencies he notes it down and publishes it as "his greatest achievement even though the patient himself says "I have no attacks of breathlessness since last few days, but I find myself short of breath nowadays when I ascend staircases which was not so before." "I hardly have the will to get up in the morning least of all to go for work. All my joints ache. Of late I also get headaches. The patient is now going in for 3rd stage of suppression.

3rd stage of Disease Suppression:

Disease is said to be in the 3rd stage when affections manifest in the mesenchyme derived mesodermal tissues i.e. connective tissues. Connective Tissues as the name suggests, act as a missing link or connection between endodermal epithelium and mesodermal viscera.

This layer consists of Somites and coverings. The 3 coverings are: Dermatome, (gives rise to Dermis-outermost)

Myotome: (give rise to Muscles-intermediate)

Sclerotome: (gives rise to Bones & Cartilages-innermost)

Along with these the fascias tendons, the aponeurosis, cartilages, bursae joints (lining mesothelium)

Diseases: psoriasis; alopecias; (dermis)

myositis; rheumatism of muscles; tendonitis

rheumatism of joints; bursitis; inflammation of cartilages;

hoarseness of voice; lumbo-sacral/cervical spondylitis.

Age: 20-40 years middle aged people are prone to 3rd layer affections.

The patient's backache & joints being better he starts complaining of headache, breathlessness on exertion, palpitation etc. These are sure shot signs that the patient is now going in for hypertension, after measuring B.P. he is labeled as a hypertensive and told categorically that he is now to accept that he is a potential heart patient and has to be dependent on allopathic antihypertensive. The patient has now entered the 4th stage of suppression.

4th stage of Disease suppression:

Disease is said to have reached/progressed to the 4th stage when affection starts manifesting in the mesodermal derivatives.

Mesodermal Derivatives Are : lung parenchyma; kidneys; muscles which form the trachea angioblastic tissue products e.g. heart; blood vessels; blood cells (from mesenchyme). Besides these, all the viscera converings e.g. pleura peritonium; pericardium; duramater; piamater; spleen; liver (capsule & fibrous tissue Diseases).

Diseases: Tuberculosis; nephritis; hypertension; atherosclerosis; piles; varices; varicose veins; ischaemic heart disease; (infarcts) thrombophlebitis lymphangitis; cirrhosis of liver; pleurisy; pericarditis; peritonitis

Age: 30-50 years.

The patient who is put on specific treatment of above complaints e.g. cardiac tonics, anti hypertensive's or on combined allopathic & homoeopathic treatment gradually develops diabetes or thyroid problem.

5th stage of Disease Suppression:

The disease is said to have progressed to the 5th stage when affection manifests due to impairment of functioning of neuro-endocrine system and A.P.U.D. system. A.P.U.D stands for Amine Precursor Uptake and Decarboxylation system. These are isolated groups of hormone secreting cells, not restricted to endocrine glands only. They are widely scattered in many tissues. They synthesise peptides which act as hormones or neuro-transmitters.

They are classified into:

1. NEURAL CREST origin: i.e. affections of the thyroid.

Adrenal medulla (secreting adrenaline & noradrenalin

Dermis-Melanoblasts.

Uro-genital tract secreting 5-Hydroxytryptamine.

2. NEURO ECTODERMAL ORIGIN A.P.U.D. cells i.e. affections of:

Hypothalamus

Parathyroid

Pituitary: (oxytocin, vasopressin, thyrotropin releasing factor)

A.P.U.D. cells of disputed origin: i.e. affections of:

Pancreas-islets of langerhans secreting insulin (diabetes)

glucagon, enkephelin, motilin, cholecystokinin, neurotensin, secretin, ANF (atrial natriuretic factor etc.)

Diseases like diabetes, Leucoderma, thyroid etc. come in this stage of disease.

Age: 40 years. & above.

6th stage of Disease Suppression:

Here the disease or impaired functioning progresses to nervous system. First the sympathetic and then the central nervous system. These are Neuro-ectodermal origin.

Disease: like peripheral neuritis, neural deficits, hemiplegias, infarcts (cerebral), cerebral toxaeemias, confused behaviours, stupors, comas, vertigos, neuralgias, all belong to this category.

7th stage of Disease Suppression:

I have categorized the last and the most important stage of 'Mind.' As already clarified, here mind does Not Mean Emotions of love, hate, fear, fright, anxiety, anger etc.

Every cell is supposed to have a 'Mind'. This mind is encoded in genes, and is called the Genetic Code. This genetic code is the same in all cells and thus imparts character to the individual as a whole. The genetic code is essentially composed of two parts, acquired & basic. The Code which is 'acquired' or inherited from the parents and is specific to the species. Second is the code which is the basic code. 'Basic' code is the code which has characteristics which every cell (whether human plant or animal) has to have. It represents code from functions which every cell has to perform e.g. homeostasis, defence and propagation. 'Homeostasis' comprises of functions which are necessary for the cell and individual to live. It includes functions of respiration, ingestion, digestion, exertion all of which are controlled and governed by normal working and normal secretions by physio-neuroendocrinal mechanism or control system.

Disturbance of this function leads to tendency to disturbances in the functioning of organs and system and is called Psoric Trait. Disturbance at organ level produces functional impairment of organs, whereas disturbance at

limbic or neuro-endocrinal level produces or reduces neuro transmitters and hormones like adrenaline, epinephrine etc. to produce intense emotions typical to the Psoric Trait.

'Defence' mechanism functions to protect the cell & individual from external harmful agents. This also contributes to homoeostasis. Predominant tendency to impairment of defence leads to injury to the organs and tissues, and hence simulates the Syphilitic Trait 'Destruction' tendency along with its effect on the organism, implies Syphilitic Miasm which in turn is a flaw in the 'Defence' function of a cell Propagation of every cell is characteristic. Every cell has a code to multiply only into two daughter cells and this is called Mitosis. If this code is disturbed, multiple reproductions of more than 3, 4, 8, 10 cells takes place resulting in overgrowth. This tendency, with its resulting effect on the organism, is called as Sycosis or Sycotic Trait.

When disease reaches the 7th stage and there is massive disturbance in the functioning of limbic system, it produces schizophrenias, obsessive psychosis, insanity etc.

If the disease reaches the 7th stage to completely destroy the code of defence mechanism, it gives rise to injury which is inseparable, resulting in diseases like, gangrene, Parkinson's disease, motor neuron disease disseminated sclerosis, complete destruction of islets of langerhans, (causing permanent diabetes), Alzheimer's disease etc.

When the disease reaches the 7th layer in a person having predominantly sycotic trait, it produces diseases like cancers, fibroids, atherosclerosis and its complications.

Points to Note

- ❑ Disease symptoms in the lower 3 layers can easily be removed by any homoeopath, prescribing on particulars or p.q.r.s. or with specifics, mixtures or multiple doses, can show impressive results in skin eczemas, boils, ringworm (1st stage), or rhinitis, bronchitis, diarrhoea, urinary infection, (belonging to 2nd stage); or sciatica, joint pains, alopecia (3rd stage).
- ❑ **Disease symptoms of the fourth and 5th stage can be sporadically or 'accidentally' removed by wrong practitioners.**
- ❑ Partial similimum prescribers who take into account the mind axis, but not the totality can only partially ameliorate the disease symptoms in the 4th & 5th stage. This stage includes diseases like hypertension, ischaemias, diabetes, and thyroid. They run a risk of suppressing the disease to higher stage. They require higher and higher potency to 'cow' down the symptoms with gradually decreasing intervals at which they need to repeat. This indicates suppression.
- ❑ Disease symptoms of 4th, 5th, 6th, stage can not be seen ameliorated by wrong or specific prescribers.
- ❑ Lower stage disease symptoms are a result of dynamic disturbance in biochemical reactions, which can be altered easily either ways. Higher, stage disease symptoms are brought about by a deviation of the 'genetic code'. At this stage, say a gene is

derepressed, which synthesises protein which alters the lipid metabolism to create hypercholesterolemia, or derepresses a gene which synthesises protein to alter blood biochemistry to create atherosclerosis in cardiac vessels or cerebral vessels. Such tendencies cannot be eradicated without affecting a change at the genetic level. This can be done by homoeopaths who are not 'extremist' i.e. those who do not prescribe 'only for body' or 'only for mind'. They have to be Wholistic and prescribe for totality to get a cure as per 'Law of cure'.

- Cancers, Schizophrenias & Malarias can never be cured or even ameliorated by Extremities (those who take Only mentals or Only physicals)

- Disease progression can be in one, two or three currents. A lady having back ache proceeds to have diabetes and further goes into Parkinsonism. Here the disease has progressed from 3rd layer to 5th layer to 7th layer. After a few years she develops backache again, which further proceeds to acute ischaemic heart disease with massive atherosclerosis. (it is needless to say that she will proceed further into cerebral ischaemia) Again the disease progressed from 3rd layer to 4th layer. The difference between the two currents was, the first one was destructive or syphilitic 'current' destroying the islets of langerhans permanently, to give permanent diabetes and later destroying the nerve cells to give Parkinson's disease permanently. At first syphylitic 'current' expressed itself, later sycotic miasm came to the fore after few years to give rise to atherosclerosis. This gives us a clue to the drug which should be her genetic

constitutional similimum. The drug has to have predominance of syphilitic and sycotic tendencies e.g. Aur-met, Phos, etc.

- Chicken-pox; small-pox; measles; herpes; have the direction of expression on the body which is exactly opposite to that of other common ectodermal diseases. An eczema or dermatitis when appearing on the body travels from outside in from extremity to the trunk and when getting **cured** reduces from inside out i.e. from the trunk to the extremity. In case of the chicken-pox, small-pox, measles and herpes, the direction of appearance is from centre to periphery i.e. from trunk to extremity. This is mainly because these viral diseases are expressed on the skin only when the body is trying to cure the infection. It is more in the form of exteriorization of the toxins. Hence enanthema is followed by exanthema.

Egg of a chordata in the early day of development shows a rim of cells develop. This 'rim' of cells further divided into ectoderm endoderm and mesoderm (the three germ layers) the notochord and the neural plate, which again is continuous with ectoderm. The brain, nerve tissue and spinal cord etc. are actually developed from neuro-ectoderm (and not only neural plate as the chart may suggest). This is in keeping with roundness of egg. Hence the continuity from ecto to endo to mesoderm is maintained even from neuroderm to ectoderm as egg is round.

Significance

The growth axes (about four in number) represents growth and the gradients of food supply from neuroderm to meso-endo-and ectoderm (clockwise). One axes also comes from Neuro to ectoderm (indicated in picture in anticlockwise manner). All these growth axes are 'curative axes. The toxins are thrown out from either Neuro to Meso to endo to ecto in clockwise manner or neuro to ecto in anticlockwise manner. Thus diseases are cured by the body itself in either of these directions.

All disease follow the 'clockwise' directions of cure except viral diseases e.g. Herpes, Chicken-pox, Small-pox. They are essentially neuro-ecto-dermal diseases. Body is trying to throw out the toxin of these diseases or cure the infection as if represented by the following facts.

(a) In measles or chicken pox etc. Enanthema is followed by Exanthema i.e. eruption inside mouth comes first and skin eruption follow. (opp. of all other diseases where skin is affected first, endoderm later.)

(b) These diseases spread from centre to periphery and up-downwards (whereas all other skin diseases spread from down upwards and periphery to centre.)

(c) 'Cure' should take place as usual from up-downwards or centre to periphery. Here in these cases it happens to be also the direction of appearance of disease.

(d) Receding of eruptions or exanthema leads straight to the neuro-ecto dermal derivatives of brain and nerve cell

resulting into disease like S.S.P.E. or any other encephalitis. (If patient is Cup met or zinc met etc.)

(e) Enanthema or Koplik's spots appear only on roof of mouth or palate. This is significant. This part is the only part where the Neuroderm and ectoderm are in direct connection with each other. (Remember palate is from ectoderm). This is the only place in body where mesoderm does not come between ecto and Neuroderm.

Hence if a patient develops measles, chickenpox etc. -no medicine is the best similimum. Just wait and watch the body 'cure' itself. Of course a sharp watch should be kept to observe the disappearance of the lesions. If any untowards direction is being followed it indicates a weakening of the body forces of cure and a homoeopath has to intervene immediately - not with an 'acute' or 'specific' but with the right similimum.

7th layer is almost a point of 'no return'. But 'cure' can still take place of diseases at this level. Here the definition of cure has to be understood. 'Cure' here implies 'restoration' of near to normal functions, with sensation of 'well being', leading to peaceful, and prolonged existence inspite and despite the pathology. This can be achieved only by homoeopaths prescribing on Totality.

A 4 year old boy, a patient of mitral valve prolapse slated for immediate open heart surgery, was treated with his constitutional similimum which was Phosphorus.

The boy who complained of breathlessness on slightest effort of waling, ascending stairs etc. gradually within 2

weeks time showed remarkable improvement in stamina and after a repetition of hardly 3 doses over a period of 1 year, could sustain an effort of carrying 10 kgs of weight up a staircase to the 6th floor of a building regularly (as he was a carpenter). Even as on today after 8 years of no other medications, he is working really hard for the living without any complaints. But his echo cardiogram, the color doppler and all other investigations for the heart show, he still has the same old prolapsed mitral valve!. His 'murmur' also stays. For an allopathic physician, he is still 'diseased' but for a homoeopathic physician, he is Compensated to call himself 'cured'.

Chapter 6:

Second Prescription Analysis

In our daily practice we encounter lot of dilemmas. The complaints disappear in one system only to appear in another. Comprehending or not comprehending the follow-ups properly might be a key in determining success and failure. In the following examples one can see how confusion it is to assess patients in terms of Hering's law of cure if it is taken in strict sense of the word and not understood properly. [It is important to remember that a real sense of 'well being' is always an accompaniment of disappearance of physical symptoms in the right order.] Based on the chart of "7 layers of suppression" or disease progression" one finds it easy to answer queries which arise in day to day practice e.g. whether the follow-up is good or bad.

Examples: Are the following follow-ups good or bad?

What direction does each one follow?

(1) A patient complaining of pain in abdomen due to acidity is treated homoeopathically. The pain in abdomen

disappears and tingling numbness in hands starts-It is good or bad? How did the disease progress from centre to periphery or inside out.

Ans. Disease has travelled from abdomen (endoderm) to Sixth Level of Nervous system-Bad.

(2) Pain in abdomen disappears and ankle joints start paining, good or bad? Whether this is inside out; up-downwards or more important organ stomach to less important extremities?

Ans. The disease has shifted from endoderm i.e. 2nd level to mesodermal connective tissue 3rd level-Bad.

(3) Diarrhoea stops and

(a) Scaling and keratinocytosis of skin starts (Psoriasis)

Ans. Bad-It appears as exteriorization of disease which has gone from inside (stomach) to outside (skin). But actually disease has shifted from endoderm i.e. 2nd level to Mesodermal connective tissue i.e. 3rd level since psoriasis is expressed on skin i.e. the epidermis but is actually due to pushing up of Keratinocytes by problem in the dermis. (Dermatome origin). Hence it its deeper.

(b) Vitiligo appears on skin both from inside (GIT) to tout skin?

Ans. Bad - Vitiligo - Leucoderma appears due to destruction of melanocytes which produce melanin, Melanocytes belong to 5th level i.e. A.P.U.D. system

(Amine Precursor Uptake Decarboxylate system) Again not only the disease has gone deeper but there is also destruction which should not occur when on Wholistic treatment.

(c) Hair fall starts, inside-out?

Ans. Bad Sign - Hair follicles find their origin in dermis again 3rd level. Hair fall which appears so benign and unimportant and is so casually dismissed as 'B' Complex deficiency may be an indication of wrong medicine.

(d) Itching eruption starts inside out?

Ans. Good sign - Epidermis or Ectoderm being effected after endoderm is welcome.

(e) Abscesses start appearing on skin inside-out?

Ans. Bad - No pur or infections inviting septic conditions is welcome even if it is an epidermis or Ectoderm. It indicates that immunity of the person as a whole has not been geared up.

(4) Respiratory problem like Asthma disappears and

(a) Dry Cough starts. It is down-upwards?

Ans. Respiratory problem like asthma disappears and if dry cough starts the direction taken by the disease is inside-out-hence very good.

(b) Sneezing starts. It is down-upwards?

Ans. Sneezing starts equally good.

(c) Asthmatic sneezing stops and yet breathlessness on exertion persists.

Ans. Breathlessness on exertion is a sure shot sign that the disease has been suppressed to the cardiac plane - mesodermal plane.

(d) Blood pressure increases.

Ans. Bad result - Reason same as above.

(e) Cervical spondylitis starts.

Ans. Cervical spondylitis indicates inflammation of cartilages of spine which is in 3rd layer hence prognosis bad.

(f) Giddiness occurs.

Ans. Giddiness - certainly bad - layer affected is 6th.

(5) Lumbo - Sacral Pain and Sciatica is better and

(a) Pain in chest radiating to left arm occurs.

Ans. Disease progression from 3rd to 4th layer - Bad

(b) Blood pressure increases.

Ans. (Same as above)

(c) Blood sugar appears to have increased.

Ans. Disease progressed from 3rd layer to 5th layer affecting the islets of Langerhans of A.P.U.D system - Bad sign.

(d) Pain in neck starts.

Ans. Bad sign - Disease has ascended upwards in the same layer.

(e) Facial or trigeminal neuralgia occurs.

Ans. Bad sign - 3rd layer to 6th layer.

(f) Leucoderma occurs.

Ans. Answer same as 3 (b).

(g) Lichen Planus occurs.

(h) Headache with dizziness occurs.

Ans. (g) & (h) Both obviously - Bad signs (Lichen planus is a psychosomatic disease)

(i) Urticaria occurs.

Ans. Urticaria is due to secretion of histamine from 'mast cells.' (Angioblastic origin). Hence disease has progressed 3rd to 4th layer.

(6) Mental symptoms better but patient feels physically weak.

Ans. Bad prognosis - Physical weakness is NOT a physical symptom. It is due to toxins being transported higher up through active gradient. This uses up A.T.P. (energy). Hence A.T.P. is insufficient for daily work of cells and tissues. Hence weakness and no desire for work or daily routines is a sure shot indication of suppression irrespective of what mental symptom is better.

Why do suppressions occur? - Practice oriented explanation

Suppressions are not a 'monopoly' of 'physical' prescribers or p.q.r.s prescribers or formula prescribers. Even Homoeopaths who base their prescription on 'Mind' can equally and frequently suppress. Today the Homoeopathic world has been unfortunately divided into two extremist camps.

(1) Those who consider the 'physical' only and

(2) Those who consider the 'Mentals' only.

Both these camps treat each other as untouchables. They conveniently forget that Homoeopathy is a Holistic (Wholistic) science and Man as a 'Whole' includes 'Mind & Body.' Mind cannot possibly exist without the Body nor the Body without Mind.

It is this 'lacunae' in the approach of homoeopaths which has been solely responsible in homoeopaths for not being

able to see or appreciate the 'Herring's Law of Cure' come true in each and every case be it acute or chronic.

A proper prescription to view the law of cure in acute and chronic cases is based on physical and mental Totality which includes (a) The basic Nature or 'mind' of a person as is represented in each and every 'cell' by his genetic code. This includes even the non-diseased nature e.g. religiousness, conscientiousness, temper, slowness, quickness, mildness, bashfulness, contentment, courageous cowardice, yielding, resignation, affectionateness, revolting or anarchist nature etc. etc. All these and many other arise from 'genetic code' inherited from the parents, i.e. carry a family trait and thus a tendency to peculiar, (b) built, looks, peculiar speech, peculiar behaviour both of the individual as a whole and his organs and system and thus have a tendency to particular diseases or illnesses which together we call as 'Miasmatic Trait' (Even the texture of hair, distribution of hair, the type and colour of skin, nails, the length and prominences of bones go a long way in considering the right genetic constitutional similitum), (c) the emotion of love, hate, fear, anxieties, fright illusions, delusions etc.

desires - aversions of food, drinks, temperature, (d) tolerance and intolerance to various stimuli physical and mental.

Considering only the Mentals or only the Physicals are the chief reasons for suppressions.

Chapter 7:

SCIENCE OF GENETIC CONSTITUTIONAL SIMILIMUM.

Every Homoeopath is a 'Wholistic Healer'. He therefore has bounden duty to know the 'make-up' of man, what constitutes a man and how his organs function.

Human being is made up of a unit of life called 'cell' All cells have same basic structure. Whether it belongs to skin, bone, liver or brain.

All these cells have a nucleus with chromosomes.

Chromosomes bear on them large number of structures called **Genes**.

Genes are units which guide the performance of cells.

Genes have a triplet code called genetic code which are inherited from parents.

Genetic Code is entirely responsible for what is going to 'Constitute' the resultant individual.

This Genetic code is responsible for

- (a) The structure and built and looks of an individual.
- (b) The basic nature of an individual.
- (c) The nature of upsets physical and mental that he will be prone to.
- (d) His tolerance to various external factors like heat, cold, sun, wind, moon, rain, sound, light, electrical disturbance etc.

How does this code express?

This genetic code expresses itself by synthesizing proteins. Every character represented on the gene is expressed by synthesis of a protein unique to itself.

Proteins are of 2 types:

(a) Structural

(b) Enzymatic

(a) Structural proteins are responsible for solid structure of the individual. These proteins are synthesized differently in accordance to the nature inherited by the individual. Hence the shape and features of face of a person shall to a great extent reflect his nature.

(b) Enzymatic proteins: These are synthesized by de-repressed genes. These are fluid proteins which form the part of human bio-chemistry and are circulated in the blood. These proteins are either in form of enzymes or catalyst and are associated directly or indirectly with

All these reactions are in complete balance and not independent of each other. This balance is called **Homoeostasis**.

The disturbances if any in the above balance is due to

- (a) Mal-synthesis of protein which is genetic in origin
- (b) Introduction of any protein in the human biochemistry or humor by means of vaccination, insect bite, bacterial toxins, toxins from killed bacteria after antibiotics, proteinous ointments, etc.
- (c) Proteins synthesized by body cells themselves due to shock grief, mortifications, which upset the Homoeostasis causing illness or disease.
- (d) A reverse - RNA - DNA - Synthesis (which may result in grave disease like cancers.)

Disturbed Homoeostasis **IMPAIRS IMMUNITY** and causes physical symptoms as well as mental symptoms

CHAPTER 8

EMOTIONAL PRESCRIBING

This Biochemical Homoeostasis when disturbed can influence the limbic system along with hypothalamus and stimulate various nerve centres to secrete different neuro transmitters

Secretion of Dopamine, Epinephrine, Nor-epinephrine, Enkephalin-Endorphin, Adrenaline etc. can be in excess or deficient depending upon the basic nature of the patient. This is dependent upon the genetic code. Sad constitutions like *Ignatia*, *Natrum mur*, *acid phos*, *sepia* may have a genetic tendency to less secretion of norepinephrine or serotonin. Cheerful, mirthful constitutions like *cannabis indica*, *lachesis*, *hyoscyamus*, *belladonna* may have a genetic tendency to secrete more of dopamine. Thus various neuro transmitters will be secreted in different individuals in different quantity giving these individuals their basic characteristic which incidentally correspond to their basic structure, features etc.

Secretion of these neuro transmitters can also come about in excess or be deficient in individuals due to sudden shock or prolonged grief, apprehension or mortification. In these cases the neuro transmitter levels increase or decrease temporarily giving a temporary change in attitude and behaviour. Gelsemium in nervousness, staphysagria in mortification, ignatia in grief are classic examples of prescriptions on local emotional level where basic genetic code is neglected. This amounts to prescribing for the disease in man rather than man in disease which may lead to dangerous suppression if the vital force is not strong enough to resist it.

Prescribing for delusions, illusions, and hallucinations and only on mental sphere without considering the generals and the physical make-up is what is known as emotional prescribing.

Effects of various neuro transmitters on the human mind is shown in the table below.

 Neuro-transmitter hormones and their EFFECTS

1. Block in Norepinephrine & Serotonin	Causes Sadness, Despair, grief unhappiness, misery, reduced appetite, reduced sex, sleep, and psychomotor agitation.
2. Increased Dopamine	Causes Sense of persecution from outside sources, hearing of voices, incoherent speech, Dislocation of ideas, Abnormal sequences of thoughts and Abnormal postures.
3. Enkephalin Endorphin increase	Causes – Suppression of Pain - Indifference - No Complaints, Content
4. Thyroid Hormone Increase	Causes - Increased Overall Metabolism - Increased Activity of Body - Increased Activity of N.S.
5. Testosterone and Oestrogen Increase	Causes - Increased Libido
6. 6-7 Fragment Amino Acid of ACTH	Causes - Intense Fear
7. P.E.A. [Pheny] Ethy [Amine] increase	Causes - Increased 'Love'.
8. Oxytocin Increase	Causes - Desire To Hug

Doctors who consider only the physical symptoms are tampering the 'Homoeostasis' at local biochemical level. This upsets the homoeostasis further in deeper and deeper tissues and transfers the toxins higher to cause disease suppression.

Doctors who consider only the 'mentals' as shown in the chart are actually suppressing the motor neurons which secrete the particular hormone. e.g. Prescribing for a 'core' of suspiciousness, people are talking about me, laughing at me etc. is a symptom of 'Baryta Carb'. Baryta Carb might help temporarily by decreasing the synthesis of dopamine. But the drug may not hold since action and reaction are equal and opposite. The patient might have rebound aggravation and the doctor may become helpless.

This plight of the Homoeopath is because he has not considered patient as a 'whole'. The patient in question was not Baryta Carb but his state or symptoms were.

CHAPTER 9

PROOF OF SIMILIMUM

Hence one sided prescribers can never get results in schizophrenias !

How then to make out whether or not your remedy is the right one.

There are certain criteria's to be followed and examined when the patient comes for the follow-up. e.g.

- (a) The PROOF of correctness and 'Right' prescribing is provided by the patient himself. After a minimum dose 'similimum' stimulus, following changes could occur. 1. Disappearance of weakness (if any) 2. Normalizing of stamina & desire to work. 3. Restoral of original desires and passion (i.e. to read, play, eat, study, wander etc.) 4. Normalizing of sleep - (without dreams). 5. Normalizing of appetite and stool. 6. Increase in tolerance to aggravating factors (e.g. noise, sun, wind, cloudy weather, cold food & drink air) 7. Decrease in sensitivity to rudeness, offences, or any other exciting emotional factors. 8. Tempering off, of tempers, reduction of fears and anxieties. 9.

Disappearance of symptoms from higher layer to lower layer progressively and simultaneously and appearance of symptoms in lower layer of disease as well as in outward and downward direction (e.g. pain in heart better, going to pain in neck first, lumber region next, the knee further, down to the ankle, heel and lastly the toe and from the toe to cause acidity or diarrhoea and lastly to eruptions on skin

- (b) The eruptions or pains on upper part of the body like face and neck should disappear first followed by the ones on trunk and extremities.
- (c) Appearance of any new lesion or eruption or pain above the level of already existing ones is a bad sign which would INVARIABLY lead to suppression. Appearance of new ones below or on extremities with disappearance of lesions already existing is a good sign.
- (d) The circular lesion should disappear by shrinking of the area of lesion i.e. here the healing should take place from outside in. This leads to cure. Contrary to expectations the local lesion (singular circular) the cure cannot take place from inside out that means the centre should not heal first followed by edges. This is sure suppression and one can expect a boomerang of the lesions and severe aggravation on face and scalp or any higher up places. This centre to periphery type of healing shall invariably be associated with loss of interest in work or reduction in stamina to work or disturbed sleep and bowel movements.

- (e) When skin eruptions are receding, appearance of dullness, giddiness, loss of interest in work or sleep reduced stamina and bad bowel movements, loss of appetite or appearance of joint pains; sneezing or burning urine is a definite indication of the Ongoing Suppression. If the same treatment is continued one can mathematically expect bronchitis followed by asthma or diarrhoea or urinary tract infection (i.e. an affection of Respiratory tract, G.I.T., or urinary tract) to follow the previous complaint without much delay.

- (f) Appearance of any deep infection i.e. patient suffering from acute conjunctivitis, parotiditis or jaundice or any infections diarrhoea during the course of the treatment is a sure-shot indication that the 'resistance' of the patient which the homoeopath aims at building up is not coming up to the mark especially within. (A single dose of the right constitutional similimum takes less than 24 hours to strengthen the immunity in the endodermal derived mucous membrane or respiratory tract, GIT and urinary tract)

- (g) Very often we find often eczematous eruptions have disappeared the skin suppurating in certain parts of boils large, red, inflamed and painful being thrown up with fever. This also is a bad indication since one can not justify exteriorization of disease with reduced immunity and increased susceptibility to streptococcus or staphylococcus. Our Right Similimum should make the tissues and the body parts unlivable, and unthrivable places for all bacteria and fungi - (and hence no need of antibiotics to get rid of them.)

- (h) Appearance of gum boils or apthae in the mouth during the treatment of skin lesions is a bad sign.
- (i) If a patient does not respond favourably after single stimulation or replaces frequently or has to be given frequent repetitive doses to make a skin lesion disappear be sure - you are suppressing.
- (j) If higher and higher potencies are required i.e. patient responds favourably to mezerium 30 but relapses often and later mezereum 200 or 1000 is given repeatedly to make the symptoms disappear - it is frank Suppression.
- (k) Disappearance of symptoms in reverse order of appearance down the chart of suppression is a must. Where cases are incurable a stage of compensation is attained where-in a disease symptom which is less morbid is created in the body and persists with a general improvement in all other natural habits, tolerance and functioning of the patient.

If the above sequence occurs with the above general and mental improvement in all cases, acute or chronic, then and only then a homoeopath is a RIGHT prescriber.

Conclusion:

The sequences occurring during 'cure' are a mathematical certainty. All homoeopaths should leave their "Extremism" which leads to 'Unsure' and 'Unpredictable' results and opt for 'Totalistic' homoeopathy, by which results are Sure, Predictable and a Mathematical Certainty.

This will be the First Step toward Perfection of Homoeopathy.

Dr. Prafull Vijayakar
L.C.E.H, Mumbai.