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**Homoeopathy as Prophylaxis in Epidemics & Endemics- A Review**

**Dr. Devendra Kumar<sup>1</sup>, Dr. Pranesh Kumar Singh<sup>2</sup>**

<sup>1</sup>Professor H.O.D. Community Medicine, Sri Ganganagar Homoeopathic Medical college Hospital & RI

<sup>2</sup>Assistant Professor Community Medicine, Sri Ganganagar Homoeopathic Medical college Hospital & RI

**Abstract-**

Homoeopathy is complete and 2<sup>nd</sup> largest used method of treatment by public. It not only treat the disease but also prevent many epidemics and endemics occur in society as prophylaxis medicine. People used homoeopathic medicine as prophylaxis when different epidemics occur by choice. Homoeopathic prophylaxis medicines recently prevent epidemics of Dengue fever, Cikingunaya fever, and Japanese encephalitis etc. CCRH also create awareness among public use homoeopathic medicine as prophylaxis in epidemics and endemics. Here we discuss about different view of stalwart and homoeopathic medicine use as prophylaxis in epidemics and endemics.

**Key word:** Prophylaxis, Homoeopathy, Epidemics, Endemics, Genus Epidemicus.

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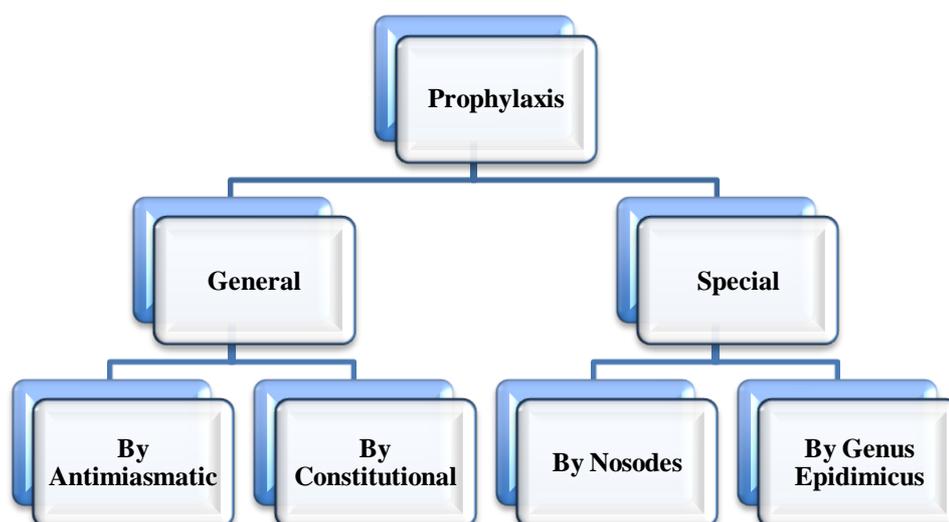
**Corresponding author: Dr. Devendra Kumar<sup>1</sup>**, Professor H.O.D. Community Medicine, Sri Ganganagar Homoeopathic Medical college Hospital & RI, **Dr. Pranesh Kumar Singh<sup>2</sup>** Assistant Professor Community Medicine, Sri Ganganagar Homoeopathic Medical college Hospital & RI

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**Introduction-**

Homoeopathy is 2<sup>nd</sup> best largest system of medicine by WHO. Homoeopathy medicine also used as preventive medicine to prevent many epidemics and endemics occurs in society. Homoeopathic medicine

prevents the disease by improving the vital force and maintains susceptibility. The following are the principal methods which are advocated by the different stalwart of homoeopathy from beginning to present era.



### Genus Epidemicus In Homoeopathy

Homoeopathic *genus epidemicus* (identified on the basis of common symptoms as well as uncommon or peculiar symptoms presented by a significant number of patients during an epidemic) is administered orally to people at risk of contracting infection. It is repeatedly seen during endemics/epidemics that *genus epidemicus* prevents disease in people living in close proximity (healthy people) of the patients down with disease and also in the population living in the affected area.

Identified *genus epidemicus* is that is specific to an endemic/epidemic at a given time. It has to be identified afresh based on the clinical presentation of the disease during an endemic/epidemic.

For example, different homoeopathic medicines were used for the prevention during recent Chikungunya and Dengue epidemics in different parts of the Country viz. *Bryonia* in Kottayam District and *Eupatorium perf.* in Calicut in Kerala, *Eupatorium perf.* in Hyderabad, *Rhus tox* in Rajasthan, *Ledum pal*

and *Chamomilla* in Chennai and other medicines at other places.

In 1799 – Hahnemann’s landmark article **Essay on a New Principle** – Samuel Hahnemann achieved fame throughout Europe from his exceptionally effective treatment of a Scarlatina epidemic that was sweeping Germany.

Dr. Hahneman wrote: **“I resolved in this case of scarlet fever just in the act of breaking out, not to act as usual in reference to individual symptoms, but if possible (in accordance with my new synthetical principle) to obtain a remedy whose peculiar mode of action was calculated to produce in the healthy body most of the morbid symptoms which I observed combined in this disease.**

**My memory and my written collection of the peculiar effects of some medicines, furnished me with no remedy so capable of producing a counterpart of the symptoms here present, as Belladonna.”**

Other aphorisms need to be mentioned here are- §33 fn, §73-fn(2), §100, §102

**Endemic Diseases-** in §244 of *Organon of Medicine*- The intermittent fevers endemic in marshy districts and tracts of country frequently exposed to inundations, give a great deal of work to physicians of the old school, and yet a healthy man may in his youth become habituated even to marshy districts and remain in good health, provided he preserves a faultless regimen and his system is not lowered by want, fatigue or pernicious passions. The intermittent fevers endemic there would at the most only attack him on his first arrival; but one or two very small doses of a highly potentized solution of cinchona bark would, conjointly with the well-regulated mode of living just alluded to, speedily free him from the disease. But persons who, while taking sufficient corporeal exercise and pursuing a healthy system of intellectual occupations and bodily regimen, cannot be cured of marsh intermittent fever by one or a few of such small doses of cinchona – in such persons psora, striving to develop itself, always lies at the root of their malady, and their intermittent fever cannot be cured in the marshy district without antipsoric treatment. It sometimes happens that when these patients exchange, without delay, the marshy district for one that is dry and mountainous, recovery apparently ensues (the fever leaves them) if they be not yet deeply sunk in disease, that is to say, if the psora was not completely developed in them and can consequently return to its latent state; but they will never regain perfect health without antipsoric treatment.

### **Constitutional Treatment-**

**Pierre Schmidt** says that the constitutional remedy given in early childhood is the ideal way to protect the organism from common childhood diseases. Other homoeopaths have suggested the use of the constitutional remedy when there is a threat of exposure to acute infectious epidemics. The remedy selected based on the characteristic mental, physical general and particular symptoms are thought to increase the vitality and offers protection against a wide range of infectious diseases.

In the *Sacred Diseases* **Hippocrates** opined that most diseases are based on hereditary predispositions. He noted that the diseases found in the mother and father is often found in the offspring.

**Lamarck**, who is considered the founder of modern genetics, published his research on inheritance between the years 1809 and 1822.

By **1828 Hahnemann** was integrating information about inherited depositions in his dynamic healing system. He speaks of inheritance and predisposition in both the *Organon of Medicine* and *The Chronic Diseases*. Vide aphorism §78 and its note 78.

Hahnemann was the first to suggest a complete theory of susceptibility and infection. He makes it very clear that the miasms are infectious in their primary state. He also taught that the microscopic microorganisms he called “animalcule” were the infectious agents of the contagious miasms. He noted that the process of infection includes susceptibility, a moment of infection, incubation period, prodromal stage and primary, latent and secondary symptoms.

Hahnemann stated that miasms are transmitted by infection or inheritance. Hahnemann notes three means of transmitting miasms

1. Contact with the infected host,
2. congenitally through the mother's womb or by nursing
3. Heredity.

Inherited miasms produce predispositions in the offspring to particular disease states associated with the miasms.

Hahnemann records the effects of stress as an activator of inherited and acquired chronic miasms. He points out that mental and emotional stress greatly increases the damaging effects of the chronic miasms. The effects of stress on the human constitution and susceptibility to disease have been discovered by modern medicine but Hahnemann recorded the entire syndrome in 1828 and integrated it into homoeopathic philosophy and treatment.

**Prevention before birth by constitutional treatment- In § 284 Sixth Edition fn.**

The power of medicines acting upon the infant through the milk of the mother or wet nurse is wonderfully helpful.... But the case of mothers in their (first) pregnancy by means of a mild antipsoric treatment, especially with sulphur dynamizations prepared according to the directions in this edition (§ 270), is indispensable in order to destroy the psora – that producer of most chronic diseases – which is given them hereditarily; destroy it both within themselves and in the foetus, thereby protecting posterity in advance.

**Current scenario**– Indian govt programmes like Swachh Bharat Mission, promotion of Yoga and Swastha Rakshan Programme

started by CCRH, New Delhi aims the prevention of Disease and fully support the Hahnemannian concept of Prevention of diseases.

**Specific measures of prevention -**

Some Examples- **specific diseases nosodes** are used in the prevention of corresponding diseases. E.g.

Morbillinum – Measles,

Variolinum – Small Pox,

Influenzium – Influenza,

Diphtherium – Diphtheria.

Their routine use in prophylaxis may be strictly considered more isopathic than homoeopathic, but large success rate is seen and most popular method from Boenninghausen to H.C. Allen, Clarke, Kent and Modern Homoeopaths.

The current favourite in the western world, for prophylaxis against influenza is “AnasBarbariaehepatis et cardusextractum” (prepared from the heart and liver of the Barbary duck, popularly known as the Oscilloccinum – it's a sarcode, though originally thought that it contained the causative agent of influenza.”

**Dr. H. C. Allen** used the above mentioned principle for 25 years in his practice and there were no second case of diphtheria recorded in the same family administered.

Following is the list of medicines provided by **Dr. Pierre Schmidt** for prophylactic against common diseases: —

Scarlet Fever: Belladonna, Scarlatinum

Measles: Morbillinum

Whooping Cough: Pertussin

Mumps: Parotidinum

Herpes: HeparSulph

Sunstroke: Glonine

Diphtheria: Diphtherinum or Diphthereotoxin

Croup: Phosphorus

Cholera: Cholera toxin, Camphor, Lachesis, Sulphur, Cuprum Met

Malaria: Eupatorium P, Natrum Mur, Malaria Off, China Pure, Terebinth

Tetanus: Ledum Pal, Arnica, Tetanotoxin, Thuja

Erysipelas : Graphitis

Emotional Diarrhea: Gelsemum, Arg Nit

Recurring sore throat: Baryta Carb, Psorinum

Recurrent Styes: Sulphur

Tendency to abortion

Second Month- Kali Carb,

Third Month- Sabina,

Seventh Month- Sepia

Polimyelitis; Lathyrus S, Acid Carboic, Plumbum Met, Physostigma

The following is a list of common prophylactic remedies noticed by their clinical experience by various pioneers of homoeopathy- In Female Diseases:

**Arnica:** Prevents soreness of parts after labor

**Aurum Mur Nat:** Prevents habitual abortion and premature labor due to indurated cervix or sterility due to antiversion of uterus

**Cimicifuga:** Prevents death of children after birth; still born children, ensures living babies in women who have previously born only dead children from no known cause.

**Erigeron-** Prevents formation of placenta previa

**Viscum Album:** Primary inertia during labor, promotes labor pains (Puls, KP, SecalCor) Promotes expulsion of place

## Pocket Manual of Homoeopathic MateriaMedica And Repertory – By Dr. Oscar E Boericke

### GENERALITIES CHAPTER

#### PROPHYLACTICS

- Cholera: Ars; Cup.ac; Ver.a
- Diphtheria: Apis ; Diph
- Erysipelas: Graph
- Hay Fever : Ars; Psor
- Hydrophobia: Bell; Canth; Hyos; Stram
- Intermittant Fever: Ars; Chin. S
- Measles: Acon; Ars; Puls
- Mumps: Trifol. Rep
- Pus Infectionn: Arn
- Quinsy: Bar. C
- Scarlet Fever: Bell ; Eucal
- Variola: Ant. T; Hydr; Kali Cy; Malandr; Thuja; Vaccin, Variol
- Whooping Cough: Dros; Vaccin

#### Different Views On homoeopathic Prevention:

**Dr. Schmidt** referred to a French homoeopath who experimentally demonstrated that higher he went up in potency the longer the immunity as proved by Shick test. He further said that 9000<sup>th</sup> potency would give an immunity of about 8 years;-30<sup>th</sup> for a few months.

**Dr. Grimmer** is of the opinion that 10M is a protective potency and the reaction is good at least for the epidemic.

**Dr. Tyler** of England advocates administration of remedies in successive higher potencies as, 1M, 10M, and CM at an interval of 12 hours.

**Dr Sarkar** ‘the constitutional remedy is the best protection not only against small pox; therefore it is the higher level of health to

which homoeopathy can lift its patients. The right constitutional remedy is worth as an immunizer than the entire specific **decoction** that could be packed in a ship. It is not vaccination at all but it can be called the ideal and internal vaccination.

**CONCLUSION:** Homeopathic medicines are thought to work by stimulating the person's immune and defence system, which raises his or her overall level of health, thereby enabling him or her to re-establish health and prevent diseases. Such treatment provide more ecological approach to curing infectious diseases, since it aids the body's natural homeostasis without suppressing the organism's inherent self protecting responses.

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