

**Health Promotion and Homoeopathy****Heena Sharma¹, Deepti Sharma², Riya Jodha²**²Intern, ¹MNHMC Bikaner, Rajasthan**Abstract**

In homoeopathy health is considered as mental, physical, and emotional well being and disease is dynamic disturbance of harmonious relation between material body and vital force that stimulates the body in health. Disease can be prevent by promote the health. Homoeopathy can promote health and prevent diseases in many ways according tour master Hahnemann, kent and others.

Key Word- Homoeopathy, Health, Promotion, Prevention, Prophylaxis.

Corresponding Author:- Heena Sharma, MNHMC Bikaner, Rajasthan

Received – 2/09/2021

Revised- 25/9/2021

Accepted – 28/09/2021

INTRODUCTION

It is the branch of medicine applied to “healthy people in large population for prevention of disease and promotion of health. According to hippocrates, the true physician understood that disease was a natural process not the result of possession, supernatural agents or punishment of god; to care for his patient, the physician must understand constitution, individual health and how health related food; drink and mode of life affect the health of individual.

Birth of Preventive Medicine

It was developed in 18th century

1) (1716-1794) – James Lind advocated fruits and vegetarian intake for scurvy prevention.

2) (1749-1823) – Edward Jenner discovered vaccination against smallpox.

According to modern health concept, modern preventive medicine has been defined as, “ the art and science of health promotion, disease prevention, disability limitation and rehabilitation.it is a kind of anticipatory medicine.”

How to Cite this Article- Sharma H., Sharma D., Jodha R., Health Promotion and Homoeopathy. TUJ. Homo & Medi. Sci. 2021;4(3):40-44

Promotion of Health:

It means enabling people to increase control over and to improve health.

Different approaches in health promotion

1. Health education; require little or no medical intervention.
2. Environmental modification; like sanitation, water purification, roads and housing.
3. Lifestyle and behavioral changes.

Role of homoeopathy in health promotion / prevention

In homoeopathy health is considered as mental, physical, and emotional well being. & disease is dynamic disturbance of harmonious relation between material body and vital force that stimulates the body in health.

Homoeopathy has been used to treat epidemic diseases since time of Hahnemann, who used belladonna to treat scarlet fever. Other approach in homoeopathy includes individualization, combination remedies, genus epidemicus and isopathy.

In case of endemic diseases, like intermittent fever; person with intermittent fever habituated to marshy districts with good health and diet treated with two doses of cinchona bark is sufficient. But other taking corporeal exercise and healthy

system, not habituated to marshy districts need few small doses of cinchona bark and antipsoric treatment.

1. Constitutionally, remedy given in childhood is the ideal way to protect from common childhood diseases.
2. Prevention before birth, power of medicine acting upon infant via milk mother (like antipsoric sulphur) wonderfully helpful to destroy psora or most chronic diseases.

Homoeopathic Prophylaxis for Covid-19 Epidemic

Arsenic album and gelsemium used as a prophylaxis.

Antimonium tart as a genus epidemicus in covid-19 epidemic. It was decided to develop reasoning based on respiratory symptoms.

Specific nosodes in prevention diseases

1. Morbillinum- measles
2. Variolinum- small pox
3. Oscillococcinum- influennza
4. Parotidium- mumps
5. Ledum pal, arnica- tetanus
6. Influenzium- influenza
7. Diptherium- diptheria
8. Pertussin – whooping cough
9. Glonine – sunstroke
10. Psorinum- recurrent sore throat
11. abortion ;
 - a. 2 months- kali carb
 - b. 3 months- sabina

c. 7 months- sepi

12. Camphor, Cuprum met- cholera

Viewpoint of Different Stalwarts on Health Promotion and Homoeopathy

According to **Dr. Samuel Hahnemann** - (Organon of Medicine)

Aphorism 4- He is likewise the preserver of health if he knows the things that derange health and cause disease and how to remove them from person in health.

Aphorism 150- If a patient complain of trivial symptoms that only observed short time previously, then this should not regard as fully developed disease that require serious medical aid. A slight alteration in diet and regimen usually suffice to dispel such an indisposition.

According to Dr. H.A. Roberts

According to him, the man is not greater than mass and that as long as intelligent thinking people realize and prize their individuality, the individual approach will hold an appeal to them. Instead Homoeopathy offers gentle way towards health of entire individual.

Public health service, ideally has to do with Prevention of diseases in the community in guarding food and water supplies, in providing facilities and restrictions for adequate healthy housing

conditions and in attending proper disposal of waste matter, so that the Health of Community will be guarded against epidemics borne by impure water, milk or other food supplies or borne insanitary or unhygienic conditions

Another thing about Public Health Service is increasing use of serums and vaccines, but homoeopathic medicines have to do with cure of disease, building up of individual. Life exist in three parts; the Body, the Mind and the Spirit; Trinity of Life; always present in all life and every part of organism. Psora is Deficiency in proper balanced essentials; this have functional disturbance with many sensations. It is stated repeatedly that emotional strain was an important factor in developing Psoric deficiency condition. Hustle and bustle take away rhythmic, deep breathing; anxiety over almost every item of our lives gets in dangerous work and often deprives necessary rest. All this circumstances pressing upon delicate adjustment of spirit, mind, body.

According to Dr. J.T. Kent

According to him, prior to the disease is sick. Man is his will and understanding and the house which he lives in is the body. Thus implying that the treatment is needed before disease commences and it is the will and understanding, which means a person's

mental state, that mainly plays the role in keeping an individual healthy or diseased.

He says among the earliest things he must learn to keep everything in its place, to keep everything in order and further adds about hygiene and breaking off one's bad habits which can prevent many ailments. He also adds that "to prevent coffee drinking, vinegar drinking etc. is a superficial thing; but in this way he may preserve health". He quotes "If a man is evil in his very interiors, i.e. in his will and understanding, the result of this evil flows into his life, and he is in a state of disorder."

Dr. Kent has also stated that the interior of man forms the exterior. About indisposition he says that indisposition from external cause mimic the miasms and removal of these external causes likely to restore the patient to health. Business failures, depressing tribulations, unrequited affection producing suffering in young girl, are apparent cause of disease, but in reality they are only exciting cause of indisposition. He also points to the fact that during an epidemic there are many people that escape the epidemic which is because of their state of good health.

According to Dr. Stuart Close

According to him, "The best protection against contagion is good health.

Contribution of Repertory in Prophylactics – (Oscar E Boericke)

- Cholera: Ars; Cup.ac; Ver.a
- Erysipelas: Graph(30)
- Hydrophobia: Bell; Canth; Hyos; Stam
- Pus infection: Arn
- Variola: Ant.T; Hydr; Kali Cy; Malandr; Thuja; Vccin; Variol

REFERENCES

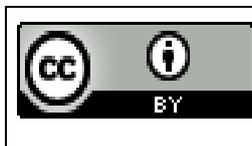
1. Hahnemann CFS, Organon of medicine, 5th &6th edition, Noida: B.Jain publishers (P) Ltd., 1970
2. Roberts HA, the principles and art of cure by homoeopathy, low price edition, Noida: B.Jain publishers (P) Ltd., 2017; Page no. 15, 16, 35, 197, 201.
3. Jacob J, homeopathic prevention and management of epidemic diseases, <https://pubmed.ncbi.nlm.nih.gov/29753299/>; 2018 Aug
4. Dr. Singh O.P., Role of homoeopathy in prevention of diseases –an exploratory study, <https://www.homeobook.com/role-of-homoeopathy-in-prevention-of-diseases-an-exploratory-study/amp/>; 4years ago, Last access- July 20.
5. Fujina et al FMSdC, Antimonium Tartaricum as a possible homeopathic prophylactic remedy in the COVID-19 epidemic,

<https://pubmed.ncbi.nlm.nih.gov/33853177/>

6. Boericke W., Boericke,s new manual of homoeopathic material medica with repertory, Third revised and augmented edition based on 9th edition, B. Jain Publishers, 45th impression 2020, page no.- 909
7. Kent J.T., Lectures in homoeopathic philosophy, low price edition, Noida: B. Jain Publishers (P) Ltd, 2016; Page no. 17,21,47,50, 61,111,112.
8. Close S., The Genius of Homoeopathy, low price edition, Noida: B. Jain Publishers (P) Ltd, 2016; Page no. 72.

Conflict of Interest: None

Source of Support: Nil



**This work is licensed under a
Creative Commons Attribution
4.0 International License**

