

ROLE OF ANATOMY IN UNDERSTANDING HEALTH

HEALTH is a condition in which the spiritual Vital Force rules with unbounded sway and retains all parts of the organism in admirable, harmonious, vital operations as regards to both sensations and functions.

“Health is defined as a complete physical, mental, social and spiritual well being and not merely absence of disease”. Health is multidimensional. It is a state of being in which every cell, every organ and part of the body performs the functions normally, harmoniously and so smoothly that the consciousness is not aware of organs and parts, thoughts and ideas flow freely and the reasoning is clear and logical, the emotions react rationally and the entire being vibrates with vitality, harmony and charm. Health is the balanced state of body and mind. There is perfect homeostasis between extra cellular fluid and internal environment. Nervous system, General adaptation syndrome (stress response) and immune response are well co-ordinated.

Physical :-state in which every cell and every organ is functioning at optimum capacity and in perfect harmony with rest of the body. It includes dietary, breath, sleep, bowel and bladder movements, BP, weight height, exercise, tolerance etc.

Mental :- mental health is the ability to respond to many varied experience of life with flexibility and sense of purpose - A state of balance between the individual and the surrounding world. It includes happiness, calmness, cheerfulness, self satisfaction, no conflict within self, no self condemnation, not easily upset, self control and open to new ideas.

Spiritual – A awareness of self or soul living without attachment to any object. It include integrity, Principle, ethics and purpose of life.

Social : - forms friendship which is satisfying and long lasting keeps friends and social relationship hearty and frictionless acts for benefit of society in accordance with real capacity.

“saint like attitude is healthiest to possess”

Health signifies a state of equilibrium, while disease signifies the loss of equilibrium, which is indicated by signs and symptoms.

Disease is total response of an organism to adverse environmental factors – External or internal and is conditioned by inherited or acquired and manifests itself through symptoms in 3 spheres:-

1) Mental 2) Emotional 3) Physicals

(1) Mental plane – Healthy mind should be characterized by 3 qualities –

- (a) Clarity – having reasonable ability to make judgments regarding good or bad, right or wrong.
- (b) Coherence – thoughts connected logically and has strong thought process.
- (c) Creativity – having ability to remember and reproduce information collected through various sense – Any kind of creative act and he feels happy in serving others and himself.

If any of these qualities are reduced or missing, the person is ill at the corresponding level. Freedom from selfishness and acquisitiveness leads to a healthy state of mind.

- (2) Emotional plane – As long as a person is serene and calm he can proceed without restriction in creative work for himself and others. From the moment passion appears, there is anxiety, anger, fear etc. Individual having positive feelings can say that he is healthy on emotional level.
- (3) Physical plane – Every pain, every discomfort appearing in the body inevitably limits what ever freedom existed before the symptoms appear. Thus the state of physical health can be defined as freedom from pain, a state of well being.

Emotional health, mental health and physical health are not separate entities. Healthy mind cannot exist without healthy body or healthy emotions and vice-versa. The degree to which one of these components is affected can vary from person to person, but ultimately it is person as a whole is affected.

Anatomy and other allied subjects have long been incorporated in the Homoeopathic syllabus in addition to Homoeopathic subjects. Adequate knowledge of all these subjects is absolutely necessary in order to practice Homoeopathy successfully. But the knowledge should be an integrated one and not isolated. The great drawback of teaching institutions is lack of these integrated approach. As a result, allied subjects are taught independently without any attempt to correlate. A student reads all these subjects just to pass the examination but fail to understand the real utility of the same in

that actual practice of Homoeopathy. The teachers of allied subject rarely try to establish a link between allied subjects and Homoeopathy. The ultimate outcome is a good clinician, but poor prescriber.

IMPORTANCE OF ALLIED SUBJECTS :-

- (1) Nosological name of the disease. Patient wants to know the diagnosis, which is their criteria to judge the merit of a physician and legal modalities, death certificate, court etc.
- (2) Prognosis of case – prognosis depends on the seat of disease, depth of disease, stage and nature of disease and structural changes taking place.
- (3) General management – Rest, Exercise, diet, physiotherapy etc.
- (4) Prevention of disease
- (5) Second prescription – is often not reasonable because of lack of proper follow up. One has to observe and interpret the changed symptoms including physical and lab findings. Suppose a patient comes after 15 days of 1st prescription and reports that his condition is unchanged but on examination it is found that the extent of enlargement of liver is much less than what it was 15 days back. Naturally we can easily understand that the patient is improving though he himself may not be able to understand or does not like to admit the same. We are not to interfere with the action of medicine already given, because if we change the medicine here, the case may be spoiled. But, the patient generally feeling as a whole must be better simultaneously with such improvement of physical and laboratory finding.
- (6) Pathological changes help in arriving at miasmatic diagnosis.
Hypo functional – Psora
Hyper plasia – sycosis
Dystrophies and degeneration – siphilitic
- (7) Selection of potency – depends on the susceptibility of the patient. If structural changes are there, the susceptibility of the patient become lowered and lower potencies are indicated. In case, where the disease is at the dynamic plane with functional symptoms, the susceptibility is high and patient require high potencies.

IMPORTANCE OF ANATOMY

- (1) Location and knowledge of disease – which organ is involved in the disease presented by the patient. Say –“Pain right hypocondrium”- without proper knowledge of Anatomy, the seriousness of illness and complications cannot be determined.
- (2) Affinity of drugs towards certain organs
Chelidonium – liver
Cratagus – Heart etc.
- (3) To understand diagnostic technique – a pre – requisite
- (4) To differentiate between normal and abnormal
- (5) To understand course of disease – referred pain in sciatic nerve may be because of lumbar pathology.
- (6) To understand Anatomical terminology mentioned in Homoeopathic literature.
- (7) Histological Study – differentiates minute differences. Eyes and mind gets trained to differentiate minute differences and hence it is an indirect training to appreciate minute difference between the same disease and different patients – example of connective tissue.
- (8) The effect of one organ upon different parts of the body.
Pscho-Neuro-Endocrine- Homoeostatic- Equilibrium
- (9) For selecting potency of Homoeopathic medicine – High potency is not advisable in advanced pathological cases.
- (10) Concept of health – Homoeostasis is normal functioning of the human body, whereas the body tends to keep all the normal functions and structures of the body in proper harmonious operations. Homoeostasis involve automatically the reciprocal interplay, provides continuous automacity and the same is mentioned in Aphorism 11 – Disease is when this automacity is lost or harmony is disturbed all the cells of the body suffer (and not a part)
- (11) Stage of disease – Primary secondary, Tertiary.
- (12) Limitations of Homoeopathy - #, Perforation of ulcer
- (13) Prognosis of case – size of stone in kidney/ ureter. Monitoring progress of disease, curability and non-curability of disease.
- (14) To differentiate between Primary and reflex symptoms - Vomiting may be of GIT symptom or cerebral cause.
- (15) To know correct location of organ – Any ectopically placed organ to be abnormal though it may at times function normally.
- (16) Congenital deformities – play an important role in certain disease.

- (17) To differentiate between common and uncommon symptoms- which help in Prescribing a true siminum on individualistic totality.
- (18) More scientific assessment of treatment like – utrine Fibroid, PCOD, Varicocele, undecended testes.
- (19) Clinical examination of patient and diagnosis – which help in selecting a clinical or organopathic remedy.

**“THE DRAW BACK OF ANATOMY IS
COMPARTMENTALIZATION, FORGETTING THAT
MAN IS ONE UNIT”**

RELATIONSHIP WITH HOMOEOPATHIC PHILOSOPHY

Man is very very complex entity, which can be studied from diverse aspects – Mental, Emotional and Material

- (1) Aphorism 6 – explains the concept of disease to an unprejudiced observer. When a patient comes to a physician, we take note of complaints in detail regarding their mode of onset, location, sensation modalities and concomitants. Then we try to ascertain state of health of the patient before the onset of the present complaints, what important disease the patient suffered in the past, the family history etc- and his own observations and findings and lastly laboratory and other investigations. The totality of all these constitute the portrait of disease in its entire extent. The apparent “Causa Morbi” may be the effect of the original disease and not its cause.

For example, rise in urea may not be considered as cause of uraemia, but they are the effects of a grossly damaged kidneys. Hence as physician, we are to take care of the totality of symptoms of the patient including the rise in the blood urea and not merely focus our attentions to blood – urea alone. This is possible only when we are free from any fixed preconceived notions (Prejudice) about the hypothetical causation of disease. If all the subjective and objective symptoms of the patient disappear and the organic changes including laboratory findings become normal and the patient regains his previous normal health, which we consider as cure.

The totality of symptoms as stated above constitute a single unit beginning with the cause and ending with ultimate. This unit is to be considered as a whole during Homoeopathic Treatment and not part by part. Symptomatic treatment of liver complaints, GIT complaint or skin may palliate the patient from time to time but patient as a whole does not move in path of cure, rather the palliated disease manifestation (suppressed) may affect the vital organs making the case much more complicated.

Hence our aim should be to arrive at the totality of symptoms in any disease and not the single symptom in order to select the homoeopathic similimum aphorism – 6, is the only prescribing guide by all who claim to be Homoeopathic.

- (2) Kents 12th observation
- a. Observation 6 states – Too short relief of symptoms decrease (conclusion is)
 - i. Interference with the action of remedy
 - ii. Rapid Process going on- is acute.
 - iii. Structural changes – organs are being destroyed (Chronic)

If there is destruction or organic changes, the susceptibility is low and lower potencies are required

- b. Kents 7th observation – a full time amelioration of symptoms, yet no special relief of the patient
 - i. Patient with one kidney, Surgical intervention
 - ii. Furious structural change in certain places

- (3) Miasm classification – according to cellular pathology, there are 3 types –
- a. Deficiency – Lack – Hypofunctional – Psora
 - b. Hyperactivity – Hyperplasia – Excess – Sycosis
 - c. Deviation , Dystrophies, Dysfunction, Degeneration – Syphilis

Sycosis has fibrinous conditions, hypertrophies, obesity increase uric acid, Rheumatism, Nephrotic syndrome

Syphilis has alopecia, acne, deformed nails, ozoena, duodenal ulcer, athro sclerotic changes, auto immune disorders etc.

- (4) Types of symptoms – There are 2 types of symptoms on which the law of similia can be applied

- a. MATERIAL PATHOLOGICAL COMMON SYMPTOMS
- b. UNCOMMON INDIVIDUALIZING CHARACTERISTIC SYMPTOMS

- a. Material Pathological common symptoms, objective – It has the following advantage
 - (1) They are comparatively grosser, more obvious and as such more easily accessible to any body.
 - (2) Every drug has selective affinity for certain organs, Pathogenesis of drugs, help us a great deal in eliminating certain drugs.
- b. Uncommon, characteristic, determinative, secondary symptoms – individualize a patient and are the basis of prescription. They are difficult to find out.

**A HOMOEOPATHIC PHYSICIAN CAN HARDLY AFFORD TO
NEGLECT MATERIAL PATHOLOGY ON THE FOLLOWING
GROUNDS.**

- (1) Many of the strange and inexplicable symptoms in our Materia Medica are getting explained by progress of Pathological knowledge – Ravenous hunger and emaciation due to thyroid, Empty feeling in stomach not relieved by eating of Sepia is due to sagging down of viscera etc.
- (2) In evaluation of symptoms many characteristic symptoms become common symptoms in relation to certain pathological conditions – Excessive thirst, craving for sugar in diabetes, Bearing down pain in abdomen > by setting with crossed lower limb – Sepia, because of organic prolapse due to structural deficiency.
- (3) In administering a deep acting remedy with destructive properties – Hepar, Sil, Sulph, Phos etc for malignant tumour in degenerative stage etc give us timely and highly useful warning.
- (4) In management of case – the pathological diagnosis help in cautioning against craving, Aversion and habits of particular patient – diabetes, damaged heart, Peptic ulcer etc. The Problem of contagion is decided by pathology.
- (5) Prognosis – Kent's 12 observations are highly sound and invaluable in long drawn chronic case, but these are hardly applicable in emergency case etc.
- (6) Pathological Homoeopathy is easier and can be acquired by any body.

UNCOMMON, INDIVIDUALIZING SYMPTOMS HAVE LITTLE TO DO WITH MATERIAL PATHOLOGY DUE TO FOLLOWING REASONS

- (1) Most of them are subjective symptoms
- (2) Most of them are dependent upon their relation with environmental factors.
- (3) Many of them are still remaining inexplicable in-spite of development of pathology.
- (4) Many of the peculiar objective constitutional features are still remaining unexplained – Head Sweat of Calcaria; foot sweat of Silicicia, sticky discharge of Graphites.

“True Homoeopathic therapeutics, must be curative and so must be based on strict individualization of case and the corresponding remedy can derive little direct help from material pathological data”. Even the general management of the case depends mainly upon individual peculiarities of the case as to desire, aversions, Idiocyncrasies, peculiar modalities etc rather than pathological data.

True Homoeopathic therapeutics based on strict individualization shall ever remain far superior to crude form of Homoeopathy.

RELATIONSHIP WITH MATERIA MEDICA

(1) Meaning of terms used by prover –

Materia Medica is primarily collection of signs and symptoms from various sources and most important is drug –proving. Drugs are proved on healthy human beings – may be physicians and common folk from various environments and societies and these provers used ordinary terms to describe their signs and symptoms. One has to understand what these provers mean, when explaining certain signs and symptoms in layman's term. When using vague term such as 'Pain in abdomen", abdomen denotes the entire part of trunk below the diaphragm and only physician with the knowledge of anatomy can distinguish the pain in various areas as related to the organs situated in that particular area. Similarly the term leg by layman denotes the entire portion from hip to foot – but only a physician knows that this terms indicates the portion of the lower limb that lie between the knee joint and ankle joint.

2. To understand the range of remedy – each drug has its range of pathogenesis. Restless may be a symptom in typhoid fever, but Aconite will not cover typhoid fever.

Let us take an example of "ARTERIAL CONGESTION' and the common remedies prescribed.

- a) ACONITE – produces active exaltation of the arterial circulation with paralysis of capillaries, acting through the sympathetic nervous system, thus producing various types of active congestion and inflammation. But its action ends there. It cannot produce any change in the quality of blood and other tissues – so, of no use in toxemia and subsequent stage of inflammation where organic changes have already started.
- b) BELLADONNA – Produces arterial congestion, through its primary action on the central nervous system and the inflammation produced passes rapidly into subsequent stages of suppuration. There is active arterial turmoil.
- c) GLONONINE – produce congestion through its action on medulla – oblongata and irritation of para-sympathetic nervous system with dilation of peripheral blood vessels, pupils etc. Its action ends with arterial turmoil and no further.
- d) VERATRUM VIRIDE – Produces only passive arterial congestion by its paralyzing action on the cerebro –

spinal nervous centres – congestion accompanied by prostration and convulsions.

- e) AMYL NITRITE – produce only passive arterial congestion through its paralysing action on nerve centres.
- f) FERUM PHOS – Produces passive congestion due to semi-paretic condition of blood vessels.

Drug	Produces	Through	Remarks
ACONITE	Active arterial circulation	Sympathetic nervous system	<ul style="list-style-type: none"> - Cannot produce any change in the quality of blood and other tissues - No use in toxemia and subsequent stage of inflammation.
BELLADONNA	Active arterial circulation	Central nervous system	Stage of inflammation passes into stages of suppuration.
GLONONINE	Active arterial circulation	Medulla – oblongata and irritation of para-sympathetic nervous system	There dilation of peripheral blood vessels, pupils etc. no further turmoil
VERATRUM VIRIDE	Passive arterial congestion	Paralyzing action on the cerebro – spinal nervous centres	Congestion accompanied by prostration and convulsions
AMYL NITRITE	Passive arterial congestion	Paralysing action on nerve centres	
FERUM PHOS	Passive congestion	Due to semi-paretic condition of blood vessels	

DRAWBACKS OF THESE OBJECTIVE SYMPTOMS

- (a) The material pathological symptoms were scarcely brought out in Homoeopathic proving. They were mostly derived from toxicology or from animal pharmacology.
- (b) Objective pathology deals with end product of dynamic life – processes and hardly takes into account the various subjective or functional phenomena. There is no means for observing how the selective affinity and other peculiar functions of particular cells are changed.
- (c) They are common symptoms in all cases of similar type of disease and can hardly be used for individualization of a case or drug.
- (d) And as such, they can hardly be used for curative therapeutics, although may often be useful for palliative therapeutics.
- (e) Uncommon, characteristic symptoms are our sole basis for individualizing a case and they are our sole guide in curative therapeutics. They are often wrongly described as strange and inexplicable phenomenon. But there are many phenomena which could not be explained in older days and have nevertheless become obvious in the present development of knowledge of pathology and pharmacology. But this explanation, has not at all derived them of their role in the matter of individualization – that are not common in all cases, rather they predicate the peculiarity of the individual. These symptom earn their attribute of uncommonness from the following properties –
 - Peculiar modalities – Peculiar concomitants
 - Peculiar individuating features – Mental, temperament, constitution etc.

RELATIONSHIP WITH REPERTORY

Repertory is not the selector - it is rather our helper. Too much dependence of repertory in all cases may not bring desired results, because then we may not be interested in getting the total picture of the symptoms of the patient, rather we would select the medicine mechanically and face inevitable failure. We may lose faith in Homoeopathy and be compelled to use two or three medicines at a time or even mother tinctures, tonics, specifics etc. Repertory cannot serve the full purpose of a physician – had it been so, then repertorization might be done by a layman.

Materia Medica and repertory contain names of diseases and pathological conditions in which they have been found useful, but any drug may be indicated in any disease provided the totality of symptoms is covered. Of course, I personally don't advocate the teaching of therapeutics- The disease gives its manifestation through a particular organ and we start teaching therapeutics with the symptoms of the part affected. As per principles of Homoeopathy, the importance given to local symptoms is limited as these symptoms don't represent the patient as a whole.

The basic principle of SIMI, MONO, MINI must be followed.

CONCLUSION

We must not forget that basically we are Homoeopaths and knowledge of Anatomy and other para-clinical and clinical subjects must therefore be Homoeopathically oriented.