

Importance of Polychrest drugs in clinical practice

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Homoeopathy can be defined as a System of Drug – Therapeutics based on the Law of Similars. This law states that a drug, capable of producing in a healthy person a diseased-state exactly Similars to that observed in a diseased person, acts as a curative agent if the diseases are in a curable stage. In the incurable stage of the disease, however, the same drug acts as the best palliative. Homoeopathy has logically evolved as an experimental science according to the method of inductive reasoning in which exact observation; correct interpretation, rational explanation and scientific construction play a leading role.

The Materia Medica of Hahnemann is an enduring monument to the genius of its author Original in its conception and design and unique in its forms and contents. Its foundation is on the bedrock of natural law. It is constructed of the cut stones of accurately observed facts, lay up in the cement of irrefragable logic. Over its portals are graven the words, Similia Similibus Curenter; Simplex, Simile, Minimum.

Hahnemann on apprehending a new general principle in therapeutics, was confronted with the problem of creating an entirely new materia medica by means of which the principle might be applied in practice .If disease were to be treated according to the principle of symptom similarity it was necessary to know what symptoms drug could produce in healthy persons, since these would be the only symptoms which could possibly resemble the symptoms of sick person.

Undismayed by the magnitude of task it was Dr.Hahnemann who set about creating a materia medica, which should embody the facts of drug action upon the healthy. Hahnemann's genius affected a breakthrough when he established experimental human pharmacology by instituting Drug proving on healthy human beings. He thus obtained data on the pure effects of drugs, which he recorded in the Materia Medica Pura and in the Chronic Diseases. This data he presented in a systematic manner, arranged according to a scheme of locations, which has since been known after him. He ensured complete objectivity by recording faithfully the effects as experienced by the observations have been recorded as far as possible. His personal comments and observations have been recorded separately in his introductory remarks. These also assuring the clinician of a constant potency and efficacy. These precautions enabled other clinicians to test his results. His directions, therefore, are rigidly adhered to in the Homoeopathic Pharmacopoeia even today.

After collecting the data pertaining to disease and drug, Hahnemann determined the criteria for establishing similarity between the picture of a disease as revealed in a patient and that of a drug in the Homoeopathic Materia Medica.

It will be interesting to examine the manner in which Hahnemann puts the case for the Law of Similars. He proceeds thus – Drugs cure by virtue of their capacity to effect a change in human beings. This capacity could be determined only through actual experiments on the healthy. The change thus produced, which could be termed as a drug-induced-disease, could either be similar or dis-similar to the state in the patient, which is the natural disease. Drugs, therefore, could be selected as remedial agents on the basis of their known capacity to produce either a similar or a dis-similar state. No amount of reasoning will enable one to conclude as to which method of selection will lead to cure. Pure experience alone will enable one to arrive at the right conclusion. In the present revolution of modern higher antibiotics period giving instant results to the suffering humanity in various diseases with the gift of lot side effects Homoeopathy gives two steps ahead simple, Medicine in minute doses without side effects.

The testimony present in this dissertation is not a new one this is a genuine collection from the thousands of pages of our Materia Medica. This work is like a drop from the ocean of knowledge gathered from the

stalwarts, Hahnemann down till today. This dissertation gives a brief conformation, verification of hard facts gathered from literature for a study of the Polychrest Drug and it's importance. This work ill illustrate the study of Polychrest drug and its importance in various disorders. Proper use of Materia Medica will show how a Physician can be more indispensable to Polychrest drugs.

I put in all my sincere efforts to make this dissertation to enlighten the subject.

Aims and Objectives of the Study

- Evaluate the efficacy of Polychrest drug and it's importance.
- To affirm the efficacy of Polychrest drug comparing in various disorder.
- To confirm the clinical utility & wide scope of Polychrest medicine in treatment of various disorders.
- Conformation of symptomatology of Polychrest drugs in diseases.
- Review of study of the Polychrest drug from various Materia Medicas and it's importance.
- Study of the Polychrest drug from the view of Physiological as well as the homoeopathic point of view.
- To study the Characteristic symptoms of Polychrest drugs.
- To study the miasmatic coverage (Review) of Polychrest drugs.
- Miscellaneous findings.

Review of The Literature

The fundamental principles of homoeopathy are embodied in a system of doctrine; laws and rules of practice, which were first, formulated, named and systematically set forth by Hahnemann in his organon of the Rational Art of Healing. By that, homoeopathy was given a name, individuality and a character, which defines and identifies it all time.

The practical demonstration of homoeopathy is committed to its personal representatives, whose success will be proportionate to their efficiency. Efficiency in homoeopathy implies and involves native ability, acquired technical proficiency and logical consistency in the application of its principles. The exercise of these qualifications requires honesty, courage, fidelity to a high ideal and a right point of view.

Every problem with which homoeopathy deals, therefore, must be approached and every technical process conducted systematically from a particular and definite mental standpoint. The student or practitioner of homoeopathy must not only know what this point of view is, but he must acquire it and act from it in each case. This might be called the personal side of homoeopathy; for in the last analysis homoeopathy, from the psychological standpoint, is essentially a state of mind existent in the person of its representative. In this sense personality, or the sum of all the essential attributes and qualities of the individual is a condition precedent to professional success.

Having defined the qualities and attributes that enter into the make up of the homoeopathician the various practical problems and technical processes of homoeopathy can be taken up and discussed from the point of view already established.

As a prerequisite to a clear understanding of the subject, as well as to the attainment of efficiency in the practical application of its principles, it is assumed that homoeopathy is what it is claimed to be, a complete system of therapeutic medication. As a scientific system it is made up of certain facts, laws, rules, and methods or processes, each of which is an integral part of whole.

Nothing conflicting with its established principles can be added to it, nothing taken away, if it is to stand in its integrity. Once it is determined what these essential elements and principles are homoeopathy must stand or fall as a whole.

Within its sphere homoeopathy is entirely adequate to meet all its own problems in its own way, when it is practiced in its purity and entirety. But homoeopathy will fail if it is forced outside or beyond its real sphere, or if it is perverted and emasculated. To know the true sphere and limitations of homoeopathy is as necessary to practical success as to know its technique and resources.

Materia medica of **Hahnemann** is an enduring monument of its kind. Materia Medica is the collection of symptoms from the prover from various healthy human beings of various ages and both the sexes.

“Materia Medica is a book containing the systematic record of the drugs which are proved on healthy human beings of both sexes and of different ages.”

OR.

Materia Medica is the study of drugs, medicinal materials for the cure of the sick. It is a book, which contains the collected facts from different experiments, clinical experience, including their pharmacodynamic effects and method of application & doses.

Proving of drugs on healthy human beings as a method of accurately assessing the capacity of drugs to alter the state of health was Hahnemann's unique contribution to the science of pharmacology. The stupendous amount of accurate work he put in has not since been exceeded by any other investigator. This work alone, therefore, stamps him as one of the greatest experimentalists of our times. He was the founder of Experimental Human Pharmacology.

In the time of Hahnemann, knowledge of the true properties of drugs hardly existed. The knowledge of materia medica in those days was a strange cocktail made up of folklore, data from poisonings, uncritical clinical observations of drugs applied on the basis of fanciful theories of the origin of disease and conjectures of armchair professors of medicine that adorned various universities.

It was in this setting that Hahnemann conceived of ascertaining the true properties of drugs by careful experimentation, not on animals, but on healthy human beings. Hahnemann, thus, could be considered the father of human experimental pharmacology.

Hahnemann took every conceivable precaution to eliminate false or doubtful observations from the final data, which he incorporated in his two publications: The Homoeopathic Materia Medica Pura and The Chronic Diseases.

The Homoeopathic Materia Medica comprises of data from drug proving, poisonings and clinical cures and is arranged according to a standard schema of locations ranging from head to toe. The original wording of the prover, as far as possible, has been retained. The record of the drug-provings was in the form of daily logbooks in which provers noted down information regarding the sequence of various symptoms. The human provings, for obvious reasons, could not be pushed to the extent of producing irreversible pathological

changes. The Homoeopathic materia medica therefore essentially is a record of human functional pathology. The pathological data owe their origin chiefly to clinical observations, supported by reports of accidental poisonings and a few animal provings that were conducted.

Hahnemann used drugs in their crude state when he started drug-provings and employed these proved drugs as remedial agents according to the law of Similars. To his surprise, however, he found that, quite often, a severe aggravation of the clinical state set in prior to the expected amelioration terminating in a cure. He correctly inferred that this initial aggravation was caused by the dose, which was too large. He, therefore, started reducing the dose progressively on the centesimal scale and later on the Millesimal scale, employing an inert substance like milk sugar or alcohol as the diluting medium. He ensured uniform dispersion of the drug substance by resorting to either trituration or succussion at every stage of dilution. He thus evolved a radically different and new pharmaceutical process that also enabled him to utilize insoluble substances as effective remedial agents for the first time in the history of western medicine. He triturated such substances with milk sugar till reach the stage 3 (100^{-3}) and prepared the first liquid potency thereafter by employing distilled water and alcohol as described in Organon. He termed this new process "Potentization" as it increased the potency of drugs to act as remedial agents and called his new preparations 'Potencies'.

The late **Dr. W. J. Boyd of Glasgow** was the first to conduct systematic fruitful researches into the question of potency energy. He was able to demonstrate conclusively the presence in potentized medicine of some sort of energy, which could deflect the needle of a sensitive galvanometer – the emanometer. Biochemical and perfusion experiments also demonstrated the presence of such energy. On the basis of the emanometer readings he could classify drugs in the homoeopathic materia medica into ten groups and thus furnished some objective guidelines in the selection of the similimum.

The process of potentization releases the drug energy in a form best suited to the restoration of the lost balance through the use of the similar force. When we use remedies in potentized form, we have ceased employing them for their physio-chemical effects. As such, we have stepped into the field of Dynamics; well outside the application of the rules govern conventional posology. The peculiar rules that apply in the field of dynamics.

Homoeopathic Materia Medica is the most comprehensive and systematized body of knowledge we possess of the effects of drugs. We find there in a record of the drug-effects of toxic doses, large physiological doses and potentized doses. As clinical experience accumulated, drug-effects deduced from the clinical efficacy of the Similimum were admitted thus enhancing considerably the value of the record. We should, however, bear in mind that drug-provings on healthy human beings still remain the chief source, animal provings contributing little of importance. These effects have been noted not in the form of explanations based on theoretical concepts but in the form of experience reported by the subjects. This symptomatological basis of the Homoeopathic Materia Medica has protected it from the ravages of time and keeps it 'modern' for all times. We thus find the Homoeopathic Materia Medica occupying a unique position in our understanding of drug-effects.

After testing the Homoeopathic medicines on healthy human beings, carefully and faithfully recording all altered functions experienced by the prover and observing all subjective & objective symptoms, we can build up a real Materia Medica.

In constructing a materia medica from the materials of the provings, all the symptoms of the different provers of the same drug are collected under the name of the drug. The second step is to distribute the symptoms thus collected under the names of the various parts, organ and functions of the body affected by

the drug. This localizes the phenomenon of each drug and gives the materia medica its anatomical and physiological structure.

When all the symptoms have been collected and arranged in this form under the name of the medicine, it represents a sick man, whose likeness may be met almost any day in the actual world. The drug symptoms are in fact disease symptoms, artificially induced. In other words they are symptoms of a drug disease. The significant thing is that drug diseases or poisonings accidentally or intentionally produced, are similar to natural diseases – so similar that it is sometimes difficult to distinguish them. A person poisoned to a certain degree by arsenic, or camphor, or Veratrum album, for example, presents an appearance so similar to one suffering from cholera, that any one but an expert might be deceived. If this is so strikingly true of the gross and violent phenomena produced by poisonings, it is equally true of the milder, finer and less obvious symptoms, which result from proving drugs in small or moderate doses.

The symptoms of the homoeopathic materia medica, experienced by the provers, are expressed in plain and common terms. The language of everyday life is used, not the technical language of the medical profession. For this reason, the homoeopathic materia medica is enduring. It is not subject to the influence of the transitory theories of general medicine, with its constantly changing terminology and bewildering array of newly invented names. So long as common language endures, the homoeopathic materia medica will be intelligible and useful to every person who can read and write.

Sources from where Materia medica had been developed are:

- 1) Proving on Healthy human beings
- 2) Proving on healthy animals
- 3) Clinical observations
- 4) Accidental source
- 5) Toxicological source
- 6) Chemical source
- 7) Empirical source
- 8) Proving on plants
- 9) Doctrine of Signature.

1) Proving on healthy human beings: -

We can obtain signs and symptoms of homoeopathic medicines by proving them on healthy human beings. This is the real and scientific way of getting signs and symptoms of the medicine. By this we can record the same in a systematic way. It is very good source to build up the materia medica.

2) Proving on healthy animals: -

By proving homoeopathic drugs on healthy animals we can get few objective symptoms up to some extent. By proving on lower animals we can get knowledge of the pathological changes occurring in the animals body. It is also a source to build up materia medica.

3) Clinical Observation: -

In practice after the application of the medicine to the patient, we can observe some new symptoms produced by the medicines, which have not been observed in the proving of those medicines.

4) Accidental Source: - Some medicines are prepared from substances whose curatives action is accidentally discovered e.g. *Blatta orientalis* in asthma.

5) Toxicological Source: - Signs and symptoms produced due to the toxic effects of drugs can be obtained where, unfortunately over dosing has occurred. From which we can understand the drug up to some extent.

6) Chemical Source: - We can understand & get some clue of signs and symptoms of the drugs by studying its chemistry i.e. human being is itself a big chemical factory, the actual signs and symptoms produced by the drugs in the body may be different. But by studying the chemistry of drugs we can get some idea of its action on the body.

7) Empirical Source: - It is a traditional source. This can be observed from the general therapeutic value of many drugs where known.

8) Proving on Plants: - Some symptoms of the drugs can be studied by proving on plants because homoeopathic drugs act on all living things like animals, plants etc. By doing experiments on characteristic changes occurring, we can get some idea of the pathological changes produced by the drug

9) Doctrine of Signature: - It is the relation between the external physical properties of the drugs substances and the signs & symptoms present in patients. Doctrines of signature are one of the sources of materia medica. This is present in a few drugs and by this we can remember and learn the materia medica of that drugs up to a certain extent e.g. The drug prepared from the plants flowering in summer season produces aggravation in summer.

The study of Materia medica should ensure a good understanding of commoner drugs. A clear-cut notion of what constitute this good understanding along with a proper appreciation of the learning process and the methods that facilitates it enables us to scientific thinking investigations and application. **The objectives of the study of Polychrest Drugs should employ -----.**

- Ability to evolve undistorted, characteristic conceptual image from the mass of the symptoms.
- Ability to progressively differentiate similar conceptual image.
- Capacity to assimilate additional data and newer clinical interpretations and corrections so that a progressive improvement in the conceptional change is assured.
- Ability to evolve a plan of treatment that takes into account the clinical in all its ramification and the Relationship of Remedies, the chronic, the intercurrent and anti miasmatic remedies.
- Ability to recognize the conceptual image at the prodromal stage of an illness when definitive treatment can abort it.
- Ability to divine cryptic clinical data pathological as well as emotional taking a case from the pathogenesis of the drug.
- In the study of Homoeopathy we deal with the so many types of the drugs in our day-to-day practice viz.

1) **Acute Remedies:** - These are the remedies, which are used as to remove the acute complaints of the patient, and then the chronic remedy is selected on the miasmatic basis and constitution of the patient. This is very important to note that the acute remedy is always based on the acute symptoms of the patient only for short period of time to remove the suffering of the patient it need not to be miasmatic. E.g. Aconite, Arsenic, Allium cepa etc.

2) **Chronic Remedies:** - These are the remedies, which are used on the miasmatic basis and consideration of the constitution of the patient. These are deep acting and long duration of action of the remedy e.g. Sulphur, Calcarea carb, Lycopodium, Nux vomica, Natrum Mur, etc.

3) **Intercurrent Remedies:** - These are mostly used to remove the miasmatic block and to prevent relapse of the symptoms in the treatment of the chronic diseases. After well selected remedy if the patient comes with the relapse of the symptoms after few time then high dose of these remedies are used these are mostly Nosodes and some deep acting remedies E.g. Tuberculinum, Medorrhinum, Sulphur.

4) **Organ Remedies:** - The remedies, which are having special affinity for particular organs are called as organ remedies. Their action is more precisely on the particular organ e.g. Chelidonium majus having special affinity for liver, Cactus having special affinity for heart disease.

5) **Antipsoric Remedies:** - The remedies which are special action on the manifestation of the psoric miasm e.g. itch, skin diseases, functional disorders are called as Antipsoric remedies e.g. Arsenic, Graphites, Sulphur is called as the king of Antipsoric remedies.

6) **Antisycotic Remedies:** - The remedy which are having action on the sycotic dyscrasia and manifestation are called as antisycotic remedies e.g. Antim crude, Thuja is called as the king remedy for the sycotic miasm.

7) **Antisymphilitic Remedies:** - These remedies having special action the syphilitic manifestation of the patient e.g. Merc cor, Aurum met, Merc sol is called as the king remedy for this miasm.

8) **Polychrest Remedies:** - The remedies which are having use for many ailments or having uses for many purposes, which cover all the three miasm are called as Polychrest remedies. These are the remedy, which are frequently used hence called as Polychrest. Their broad spectrum of action made them very useful in the homoeopathic practice e.g. Belladonna, Calcarea carb, Lycopodium, Arnica Mont.

A great Polychrest remedy is indicated in all forms of disease, especially when associated with catarrhal and rheumatic symptoms. Five pervading characteristics of Polychrest remedies are Apathy, ranging from languor to torpor, Relief from rest and aggravation from motion, Sharp, stitching pains, Relief of all conditions, except the headache and eye symptoms, by warmth, The seat of any distress or irritation becomes sore and tender to the touch. The studies of these drugs are given in detail in Hahnemann's Materia Medica Pura, Hartmann's Practical Observations, and Hugel's Pharmacodynamic.

When the patient suffered from bilious attacks, the vomit was of food, mucus and bile. Headaches were commonly associated with these stomach problems. They were dull and heavy, or like migraine, affecting the right or left frontal areas. Flatulence and burning were common and were often relieved by eructations, which were either bland or sour and bitter tasting. These symptoms reveal the indications for some of the major Polychrest remedies, which would be helpful for the state. Some of these are Arsenicum, Lycopodium, China, Carbo veg., Sulphur and Nux vomica.

Constitutional or basic Polychrest remedies are the Polychrest remedies selected mainly on the basis of the mental and physical general symptoms and to a limited extent on the basis of physical particular symptoms. Examples: Thuja, Lachesis, Iodine, Silica, Lycopodium, Sulphur, Sepia, Petroleum, the Calcareae, the Kalis, the Natrums, Carbo vegetabilis and animalis, Graphites, Causticum, Nitric acid, Nux Vomica, Ignatia.

In Hahnemann's pathology Psora is the miasm that is developed from the suppression of the itch, some cutaneous or other external manifestations of disease. In modern pathology the term tubercular is analogous to the term psoric used by Hahnemann.

It is a fact that frequently a rapid disappearance of a skin disease, whether spontaneous or brought about by injudicious external medication, is followed by grave symptoms, due probably to its changing from an external to an internal and more vital location.

A remedy especially adapted to the treatment of chronic diseases, so called because Hahnemann considered them special remedies for Psora. The following is the example of Hahnemann's Antipsoric remedies: Agaricus, Conium, Muriatic acid,

They have the greatest value especially in the treatment of chronic disease; and they're great clinical success prove more of the essential correctness of Hahnemann's doctrine of chronic diseases than theoretical speculation.

One reason, undoubtedly, is the fact that they are characterized by groups of symptoms and conditions that are not valued greatly by that school. They do not recognize them as having any connection with the ordinary diseases they treat. There are so many psoric symptoms such as skin diseases appearing periodically; itching; small pimples, especially near the wrist; cracks in the skin; irregular or unusually protracted course of acute illness.

The sycotic symptom are great muscular debility; morbid fears; rheumatic affections; distorted fingers nails; dry condition of the hair, as if burnt; warts, etc.

In the Homoeopathic realm we are dealing with personalities- Individualization is the solid principle upon which our prescription are based. Acquaintance with our materia medica means a differential qualification of relative value. We have in our Homoeopathic nomenclature a large family of friends. Some like human friends are more familiar than others because we have use for them more often. This circle of intimate remedies we call "**Polychrest**", which means remedies **for many uses, or many ailments and used most frequently in all cases**. Among these reliable Polychrest we have some outstanding remedies e.g.-

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|--------------------|--------------------|-------------------------|--------------------|
| 1. Abrotanum | 2. Alumina | 3. Ammonium Carb | 4. Anacardium |
| 5. Antim Crude | 6. Antim tart | 7. Argentum met. | 8. Arnica Mont. |
| 9. Arsenic alb | 10. Aurum met. | 11. Bryta carbonica | 12. Belladonna |
| 13. Baptisia | 14. Bryonia Alba | 15. Calcareo carbonicum | 16. Calcareo flour |
| 17. Calcareo phos | 18. Calcareo sulph | 19. Carbo vegetables. | 20. Carcinocin |
| 21. Causticum | 22. Chamommilla | 23. China officinalis | 24. Cina |
| 25. Coffea cruda | 26. Colocynth | 27. Conium maculatim | 28. Cuprum met. |
| 29. Fluoric Acidum | 30. Graphites | 31. Glonoine | 32. Hepar sulph |
| 33. Ignatia Amara | 34. Iodum | 35. Lachesis | 36. Lycopodium |

37. Medorrhinum	38. Mercurius Sol	39. Natrum Mur.	40. Nux Vomica
41. Opium	42. Phosphorus	43. Plumbum	44. Pulsatilla
45. Rhus tox	46. Sepia Succus	47. Silicea	48. Stannum Met
49. Staphisagria	50. Stramonium	51. Sulphur	52. Syphilinum
53. Thuja Occi.	54. Tuberculinum	55. Veratrum Alb.	56. Zincum Met.

These are the list of few drugs that I have given as the example of Polychrest drugs but there are also many drugs, which can be use for many purposes. In the study of Polychrest drugs it is the symptoms of the drugs, which are fully verified from the proving of Hahnemann and from the clinical verification of the drug symptoms.

The study of these drugs gives us a clear picture of symptoms, which mostly based on the Miasmatic coverage of these remedies. **These medicines cover most of the characteristics features of all the three Miasms i.e. Psora; Sycosis and Syphilis because of that also these are called as Polychrest drugs.**

There are different ways of studying Materia Medica and the Polychrest Drugs.viz.

- 1) Anatomical Schematic Method of study of Polychrest drugs.
- 2) Descriptive Essay type study of Polychrest drugs.
- 3) Clinical study of Polychrest drugs.
- 4) Pathological study of Polychrest drugs.
- 5) Key-notes type study of Polychrest drugs.
- 6) Physiological type study of Polychrest drugs.
- 7) Illustrative type study of Polychrest drugs.
- 8) Synoptic type study of Polychrest drugs.

1) Anatomical Schematic Method of Study of Polychrest drug:- Dr. Hahnemann studied homoeopathic drugs in this way. After proving, he collected and arranged all symptoms organ wise from head to foot. This is also called Anatomical Schematic Presentation. It is very systematic way of studying materia medica from which we can understand the whole remedy in a very simple manner. Here each drug is studied organ wise.

2) Descriptive Essay Type of studying of Polychrest Drugs, this type of materia media presents Polychrest drug in detail essay type of writing, which sometimes feel lengthy because of its presentation story style of drugs discussion. Descriptive study discusses each thing in detail from various references to various authors and Homoeopaths views.

The example of this type of books is-Lectures on Materia Medica by J.T.Kent.

3) Clinical Study of Polychrest Drugs from various clinical Materia Medica These are the study of Polychrest drugs from the materia medica used bedside in the general practice, which helps the physician to prescribe the remedy for the particular patient.

This also includes the points of clinical findings of various authors of the symptoms, which are verified from the original provings, and sourcebooks and the addition made by the author, which he finds during his or her clinical practice. Most of the Polychrest drugs confirm its various symptoms from the clinical findings e.g. Clinical Materia Medica –By Pulford's. The conformation of symptoms from the clinical findings and experiments shows the purity of our source literature written by our stalwarts.

4) Pathological Study of Polychrest Drugs gives us the various pathological findings which we have found during the proving of various Polychrest drugs in the period of Dr.Hahnemann and afterwards also. Today we follow the same proving of the drug that is time tested from various researches.

A pathological finding gives the scientific base for our medicines. The example of the pathological study is "Cyclopaedia of Drug Pathogenecy" by Dr.Richard Hughes.

5) Keynotes study of Polychrest drug is very important but it should be used as cleverly as possible. This is also called as an illegitimate use of keynotes.

The various keynotes of Polychrest drugs are very important symptoms to remember **Dr. Kent** has so clearly defined keynotes as, he has clearly put it, all the symptoms of the patient Minus those Pertaining to the disease he is suffering from, these are the uncommon, keynotes, peculiar symptoms which characterise the patient as an individual from common person.

Dr. Kent pointed out that the trouble with Keynotes arises when they are misused and used as sole guides to the remedy when they are taken as final and the Generals do not confirm, than failure will be outcome. Allen's Keynote is best example of this type of study.

6) Physiological Type of study of Polychrest drugs. If we study Polychrest drugs from physiological Materia Medica we find that in this the physiological action of various Polychrest drugs on the human body of both the sexes and all the ages are described. By this we can correlate with the clinical experience with theory of drugs.

The well-known book on the physiological action of the drugs is PHYSIOLOGICAL MATERIA MEDICA-By William H. Burt.

7) Illustrative Study of Polychrest drugs gives us remarkable symptoms by demonstration in the form of cartoons or photographs and pictures.

8) Synoptic Type study of Polychrest drugs- gives us the synoptic ways of remembering the symptoms of various drugs. The example of this type of materia medica is Boger's Synoptic Materia Medica.

9) Comparative study of Polychrest drugs: - In this type of study we can compare different remedies with their similar and dissimilar symptoms. When the symptoms of different drugs are similar to each other then it is very difficult to select a particular remedy. At this stage this type of study is very useful.

1) Disease level – Comparison of various Polychrest drugs indicated in particular disease e.g. a state of collapse but wants to be fanned all the time – Carbo veg. Craves fresh air, skin felt cold yet desires to be

uncovered – Camphor, Secal cor, cold & bathed with cold perspiration – Vert.alb. All the above symptoms are found in Medorrhinum.

2) Symptomatic level – Let us take burning e.g. It is relieved by cold application – Sulphur. It is relieved by cold application with objective feeling of coldness – Secal cor.

3) Organ level – Polychrest drugs having resemblance to each other in their drug pathogenesis are compared to each other e.g. Cina, Chamomilla, Bryonia, Rhustox, and Silicea.

This method of study should not be adapted in the initial stage. This is done after acquiring a thorough knowledge of the individual drug. By this process the mind has to exercise, by repeated hammering of the symptoms to our memory cells. There would be an imprint of the drug picture, which will last – for a longer period. This method of study got application by Dr. Farrington.

10) Therapeutic type study of Polychrest drugs: - In this type we can study the symptoms of drugs in different diseases. Drugs have power to cure the symptoms of different diseases from their pathological changes. Thus one can study the drug from its curative powers and drug pathogenesis. Many Polychrest drugs have the property of producing and curing the continues type of fever like Bryonia, Baptisia, Acid phos, Gelsemium etc. in this type complete comprehension of the entire drug picture is difficult and collective approach is lost. This provides readymade knowledge to the physician at the bedside. This method of study can only be done after full grasp over the pathogenesis of many drugs has been obtained.

So above mentioned are some of the important method of studying materia medica. But today as remark by **Dr. J .T. Kent** that "The capabilities of our materia medica are something wonderful, but they could be developed much more rapidly if a number of homoeopathic physicians would make application of the materia medica with accuracy and intelligence, observing what they see and relating it literally. At the present day there is only few number of Homoeopathic physician who can come together in a body and say things that are worth listing to when we consider the length of time Hahnemann's books have been before the world."

Today the market is flooded with many sorts of mixtures and compounds in Homoeopathic system. Some physician feels satisfied with an introduction of easy way, which avoids hard work in the network of symptoms. The patients are also helpless, as they have no knowledge of the subject. Since the proving and the collection of symptoms and their use is the foundation and spirit of Homoeopathy we are today drifting from the basic principles we are getting away from the slogan "Similia Similibus Curantur" i.e. "let likes be cured by likes."

The fact is that we are facing certain condition without clear guidelines. We are having large number of so called physician who do not have deep knowledge of the subject. The physician tends to be money minded as **Dr. Kent** remarks "it is quit a profitable business for one who has not much conscience and not much intelligence. But conscious physician feels worried & know she is not doing what he ought to do to his patient, unless he reaches out for the remedy, which touches the constitution."

Dr. J. H. Clarke found in his time that "Works on materia medica were too numerous and too scattered to be readily accessible."

A change in administration the need of hour for advancing Homoeopathy what we have to do is

- Such arrangements are to be made from time to time, which makes the subject easier and accessible for the maximum people.

- There are such pockets in the science which could not be explored fully by our masters and have to be brought to light to make the science more useful, easier quicker and sure results.
- So far there has been a tendency to select a remedy simply on the basis of symptoms, and the common practitioner fails to palliate quickly when he chooses a remedy that states its action very late. So the pairs while choosing must consists of both quick and slow acting remedies so that palliation and cure may proceed simultaneously.
- The relationship of remedies at many places are very confusing, this is to be simplified.
- While we keep to the principles e.g. to have a clear conception of materia medic which consists of a schematic arrangement of the symptoms produced by such drug, together with amplifications from the observed action of remedies in practice; we have to have a deep analysis of the relationship of remedies and have to know the importance of "Three legged stool" in prescription - where we have very chance of success in each case with a quick and sure result
- We have to arrange our knowledge of materia medica together with Therapeutics, repertory, a group that guides, some unsafe pockets in practice material.
- Today what we say and what we practice I shall like to quote some renowned authors before I comment about it.
- Nux vom. Is almost specific in influenza. If given early, it averts the disease. -----DR. YOUNAN
- Sulphur is a most universal remedy for Asthma. There is scarcely a case of asthma where Sulphur is not needed. -----DR. HARTMANN.
- Persons suffering from ulceration of the lungs can scarcely get well without Kalicarb. -----DR. HAHNEMANN
- Pleurisy: Apis and Sulphur will cure majority of cases. ----- DR .E. A. FARRINGTON
- Arsenic is undoubtedly the safest remedy for asthma. -----DR. BOEHR
- PLEURO-PNEUMONIA – Bryonia is almost a specific. -----DR. BURT.
- In simple, acute pleurisy, Aconite is the sufficient remedy. -----DR. R. HUGHES
- Acute Bronchitis: Aconite in the first stage to be followed by Mercurius later is often the only medications needed. ---DR .C. HERING.
- The more benzoic acid is used in gout the more it will be prized. -----DR .E. A. FARRINGTON
- The best remedy we have for small ulcer about the points of fingers is sepia. -----DR. E. A. FARRINGTON
- In the form of diarrhoea oftenest with old people, which alternates with constipation Antim Crude is the remedy. ----DR. M. L. TYLER

From the above quoted cases the readers may analyze them carefully and shall find that homoeopathy needs rearrangement at many stages, for many aspects.

The network of symptoms is so vast and complicated that an ordinary reader will be perplexed. We find in our compilations 3370 symptoms for Thuja, 3920 for Phosphorous, 1323 for Pulsatilla, 1680 for Stramonium, 1040 for Sulphur and so on. These are to be better arranged. We have to sort out such conditions where we can easily and readily reach a proper medicine. If in each small case, we are required to cross an ocean of unending symptoms our task will be very difficult – sometimes not practical. We will tend to deviate from difficult path and choose the wrong but easy looking way, search for some tips, and easy tips for all occasions.

So we have to cover up various directions in an arranged way:

- Sorting out easy solutions for common ailments.
- Find such remedies, which can be set in pairs (good pairs to alternate.)

- Sorting out rare situation for deeper studies e.g. like curing rheumatism with Ignatia or curing Malaria with capsicum or Ignatia and so on.
- Sorting out occasions when caution is required with regard to use of a medicine, or with regard to sickness, which gives us very little time to deal with.
- Removing many confusion regarding potencies low and high, of which many are simply imaginary.

This will pave a clearer road to the use and progress of this wonderful science. A patch work is necessary to remove the ideological differences that appear too big at approach and thereby create a harmony in what we say and that we practice. Where selection is simple, we make it simple and declare and proclaim it so, where some stress is required, it should be clear and definite, and those areas are to be marked which require a superior or rather very sophisticated skill to handle the occasion.

Once fundamental homoeopathic theory has been mastered, the next primary concern is the homoeopathic remedy itself- the tool by which the process of cure is put in motion. To be effective, such tools must be highly refined in preparation and accurately tested. At the present time, there are literally hundreds of remedies derived from minerals, plants, and diseased tissues whose characteristics have been fully delineated through carefully conducted provings, and thousands more which have been at least partially proven. Nevertheless, as homoeopathy continues to advance, it is necessary to perform provings on new remedies so that the therapeutics armamentarium can be further expanded. For this purpose, it is necessary to have clearly defined standards for the actual methods of performing an accurate and thorough proving.

The fundamental theoretical basis for the proving of drugs on healthy persons was enunciated originally by Dr **Samuel Hahnemann, in Aphorism 21**, Hahnemann describes the basic principle:

"Now, as it is undeniable that the curative principle in medicines is not in itself perceptible, and as in pure experiments with medicines conducted by the most accurate observer, nothing can be observed that can constitute them medicines or remedies except that power of causing distinct alterations in the state of health of the human body, and particularly in that of the healthy individual, and of exciting in him various definite morbid symptoms; so it follows that when medicines act as remedies, they can only bring their curative property into play by means of this their power of altering man's state of health by the production of peculiar symptoms; and that, therefore, we have only to rely on the morbid phenomenon which the medicines produce in the healthy body as the sole possible revelation of their in-dwelling curative power, in order to learn what disease-producing power, and at the same time what disease-curing power, each individual medicine possess."

Thus, we see that the purpose of conducting a proving of a remedy is to record the totality of morbid symptoms produced by that substance on healthy individuals; and that totality will then be the curative indications upon which is to be prescribed the curative remedy in the sick individual.

It is likely to be a new concept to many people that literally any substance can have a wide and varied spectrum of highly individualized symptoms. Because we have the possibility of varying the dosage of the substance, this spectrum of symptoms can become evident by sufficiently careful testing. The fact that substances do indeed produce specific reactions is stated clearly by **Hahnemann in Aphorism 30**: The human body appears to admit of being much more powerfully affected in its health by medicines (partly because we have the regulation of the dose in our own power) than by natural morbid stimuli- for natural diseases are cured and overcome by suitable medicines.

Indeed, it is possible to poison an organism with any substance whatsoever if given in sufficient quantity. This is true whether the substance is a poison or even a food. Something as ordinary as table salt, if given in large doses daily for a long time, can generate a variety of symptoms in relatively healthy people. If we give a test substance in great enough quantity, it will disturb the vital force sufficiently to mobilize the defense mechanism, which in turn generates a group of symptoms, which are entirely peculiar to the substance being tested.

When a substance is administered and the resulting symptoms are noted down, we are recording the specific manifestations of the defense mechanism, which is the only way we have of identifying the resonant frequency of the action of the remedy. Similarly, when we note down the symptoms of the patient, we are recording the peculiar manifestations representation the resonant frequency of the defense mechanism. By matching the symptom picture of the remedy to the symptom-picture of the patient, we match their resonant frequencies, thereby accomplishing cure by strengthening the defense mechanism as its weakest point.

If a substance is given in poisonous or toxic doses, virtually every organism will react to it, but the reaction will be too gross to be of value in homoeopathy. Symptoms such as coma, convulsions, vomiting, or diarrhoea will be recorded, but subtle; fine distinctions will not be evident. If small, even minute and potentized, doses are used, however, a wide variety of highly refined and specific symptoms will be produced, particularly on the mental and emotional planes. This is why homoeopathy emphasizes testing upon healthy human beings who are capable of lucidly describing even very subtle changes. The allopathic method, by contrast tests drugs first upon animals and then upon sick human beings. Animal testing, of course, is inadequate for any truly therapeutics purpose because the only symptoms, which can be recorded, are the crudest of physical symptoms. For homoeopathic purposes, testing drugs on sick human beings is also inadequate, because disease symptoms can easily be mixed together with drug effects. In any case, it is obvious that allopathic drugs are tested merely for their ability to palliate specific symptoms or syndrome, and not for their effect upon the general health of the patient.

When a substance is administered to an organism, there are two phases of response. The **primary effect** occurs immediately, within a few hours, or within a few days; this represents the “**excitation phase**” of reaction and is usually somewhat dramatic. The organism, in its attempt to reestablish equilibrium, then compensates with a **secondary effect**. This usually occurs after a reaction time approximately twice that of the primary reaction. The symptoms generated in this secondary phase can be opposite to those of the primary phase. In any proving, it is important to record symptoms from both phases, even though they appear to be contradictory. Each phase represents a characteristics manifestation of the action of the defense mechanism and therefore must be accorded equal importance.

Basically, there are three criteria for determining whether a remedy has been fully proven:

- 1) Symptoms must be recorded from provings on healthy individuals using toxic (as recorded from accidental poisonings), hypotoxic (i.e. low potency), and highly potentized doses.
- 2) The symptoms recorded must be drawn from all three levels of the organism-mental, emotional, and physical.
- 3) Symptoms must be included which have been cured in the process of treatment of the whole organism after administration of the remedy to a sick person.

Any remedy, which has been proven by recording only a physical symptom, is insufficient for homoeopathic purposes. As mentioned, allopathic toxicology, even done by prestigious universities, is

inadequate because it is based primarily on animal studies. In addition, such toxicological studies do not span the full range of potencies possible. Even the records of poisonings of human beings are inadequate, because symptoms are not described with sufficient individualization; for example, if a poisoning by a particular substance produces “mania”, it is rare in the allopathic literature to describe the particular type of mania peculiar to each poisoning victim.

Finally, remedy descriptions, which do not include cured symptoms, present only a partial symptom picture. After all, cure is the object of the administration of the remedy, and symptoms eliminated during the process of a cure of the whole being are the most reliable of all because they indicate the highest degree of sensitivity to the remedy.

In the birth and emergence of a remedy, the above-described experiments are the first step. Such strict experiments, plus whatever information is available from toxicological literature, provide the raw data which form the basic foundations for the utilization of the remedy. As elaborate and detailed as the information is however, it is as yet incomplete until tested clinically. The remedy is administered by reliable prescribers to sick people according to the symptoms generated in the provings. As clinical experience grows, careful records are made of symptoms, which cured during the process of a real cure of the entire patient on all three levels. It is very important to understand that only those symptoms cured during such a cure of the whole person are significant; occasional symptoms which randomly disappear without a corresponding curative changes in the rest of the patient are disregarded.

Eventually, a complete picture of the remedy emerges from all sources: toxicological literature, proving, and clinical observations. Once such a complete image is available, the remedy can be included in a complete Materia Medica. It is finally possible for a homoeopath sufficiently familiar with the remedy to create a gradation of symptoms according to their importance as expressions of the true personality of the remedy. Necessarily, such a gradation is highly subjective and may vary somewhat from homoeopath to homoeopath, but we can nevertheless offer a rough approximation of how symptoms are graded, from most reliable to least reliable. The most important parameters in judging the reliability of symptoms are as follows:

- 1) **Cured symptoms.** Those symptoms cured as part of a total cure either during the experiment or in a clinical application.
- 2) **Frequency.** Those symptoms found most frequently among the provers.
- 3) **Intensity.** Those symptoms producing the most powerful effects on the provers.
- 4) **Potency.** Those symptoms occurring during the testing of the highest potencies are more reliable than those occurring from crude doses.
- 5) **Timing.** Those symptoms emerging in a prover immediately upon administration of the remedy, especially in a highly potency, are of greater significance than those occurring late.

Thus the symptoms given the highest grade are, of course, cured symptoms (as part of a total cure) which are also observed in a large number of prover with great intensity and speed and which are evident even upon administration of high potencies. The least reliable symptoms are those which occur weakly in just a few provers, which occur very late in a proving, which occur only in poisonings, or which were cured only incidentally without a corresponding general improvement in health.

In the homoeopathic literature, there are a variety of types of Materia Medica offering descriptions at different levels in the process of emergence of a remedy. Perhaps the best way to illustrate this point is to follow the “growth” of the image of a remedy through several Materia Medica. We will consider one of

the most well known medicines in homoeopathy, Arsenic album. To begin with, there are the highly detailed raw data of the original proving. Hahnemann in his Chronic Diseases quoted this proving, and it is one of the classic landmarks in homoeopathic literature. Because this proving is so exemplary of the phenomenal detail and thoroughness which Hahnemann brought to all his work.

The results of such provings are then collected in **voluminous materia medicas** such as **Allen's ten-volume Encyclopedia of Pure Materia Medica** and **Hering's ten-volume of Guiding Symptoms**. These are useful reference works for any homoeopath to possess because, in addition to the detailed symptoms, they also used symbols to indicate the relative gradations of the most important symptoms. **Clarke's Dictionary of Practical Materia Medica** is an example of a materia medica, which has condensed the raw data into compact summaries of symptoms arranged by anatomical system. It is a valuable reference work because it is quite detailed, yet still convenient to use. In addition, each remedy is introduced by a section, which lucidly describes the main clinical features of the remedy with illustrative cases, which have been cured.

A classic example of a carefully conducted proving is given in Hahnemann's original proving for Arsenic album, one of the most commonly used remedies in the homoeopathic materia medica. Adopting the plan of arranging the drug symptoms thus derived according to the anatomical parts and regions of the body in which they occurred, as the most rational and simple method of classification for the purpose of comparison with disease symptoms, Hahnemann constructed and published, first, the Materia Medica Pura, and later, The Chronic Diseases, the greater part of which is composed of provings of drugs. Covering nearly three thousand royal octavo pages, they constitute one of the most stupendous works of original experimentation and research ever attempted and carried out by one man. To this original work of Hahnemann many and large additions have been made by the later workers.

The vast collection of symptoms of which the materia medica of Homoeopathy is composed is incomprehensible without an understanding of the principles upon which it is based. In a good working homoeopathic library there are about two hundred volumes, by many authors, upon the subject of materia medica, including special collections and classifications, repertories, charts and indexes of symptoms. Confronted by such a mass of material it is no wonder that the student is at first confused and discouraged. But when the basic principle has been explained to him and he has learned the meaning of symptoms, their method of classification and interpretation, and when he has seen the means of ready reference provided, his bewilderment gives way to admiration.

The task of mastering the materia medica, vast and even impossible, as it seems, is comparatively simple. The compass that points the way through the seeming wilderness of symptoms is the principle of Similia- the remedial law of homoeopathy. When the drug symptoms recoded in the homoeopathic materia medica are seen to be exact counterparts of the symptoms of disease, and it is explained that medicines cure disease by virtue of this similarity of symptoms, the reason for the existence of the materia medica in its characteristics form is evident. The arrangement of symptoms according to an anatomical scheme is for the purpose of comparison- symptoms of the drugs with the symptoms of disease. Given the basic principle and its corollaries, the rest is merely a matter of mastering the logical classification and interpretation of symptoms and the use of the manuals, indexes and repertories provided.

In general, a symptom is any evidence of disease, or change from a state of health. In materia medica no relevant fact is too insignificant to be overlooked. There is a place and use for every fact, for science has learned that "Nature never trifles." A symptom which appears trifling to the careless or superficial

examiner may become, in the hands of the expert, the key, which unlocks a difficult problem in therapeutics.

Dr.Hahnemann defines symptoms as, "any manifestation of a deviation from a former state of health, perceptible by the patient, the individuals around him, or the physician". We have here the basis of the common division of symptoms into two general classes-Subjective and Objectives.

Hahnemann further defines symptoms as "*evidences of the operation of the influences which disturb the harmonious play of the functions, the vital principle as a spiritual-dynamis.*"(Substantial, entitative source of vital power and activity.)

Subjective symptoms are symptoms, which are discoverable by the patient alone, such as pain and other morbid sensations of body or mind, presenting no external indications. With Hahnemann's announcement of the doctrine of the Totality of the symptoms as the basis of the homoeopathic prescription, it became possible for the first time in the history of medicine to utilize all the phenomena of disease. Prior to Hahnemann's time two of the most frequently occurring and important groups of symptoms were practically ignored-the mental symptoms and the subjective symptoms. The "regular" practitioner of medicine even today is interested very little in subjective symptoms. They play but a very small part in governing the practical treatment of his case. To him they are merely inarticulate cries of suffering, serving only to suggest the direction in which investigations are to be made by physical and laboratory methods for discovering the supposed tangible cause of the disease, and the location and character of its lesions. Under the new system of therapeutics devised by Hahnemann subjective symptoms naturally took their proper place in the study of the case.

Secondly the most important is objective symptoms **Hahnemann** defines **objective symptoms** as, "the expression of disease in the sensations and functions of that side of the organism exposed to the senses of the physician and bystanders." In this peculiar definition there is an allusion to his definition of disease as a dynamical disturbance of the vital force and of Medicine as, "a pure science of experience, which can and must rest on clear facts and sensible phenomenon clearly cognizable by the senses." There is also a reminder that there is more in an objective symptom than is perceptible to the eye alone.

"Totality of the symptoms", is an expression peculiar to homoeopathy, which requires special attention. It is highly important to understand exactly what it means and involves, because the totality of the symptoms is the true and only basis for every homoeopathic prescription. **Hahnemann (Org., Par.6) says:** -"The ensemble or totality of these available signs or symptoms, represents in its full extent the disease itself; that is, they constitute the true and only form of which the mind is capable of conceiving." The expression has a two-fold meaning. It represents the disease and it also represents the remedy, as language represents thought.

The Totality of the symptoms means all the symptoms of the case, which are capable of being logically, combined into a harmonious and consistent whole, having form, coherency and individuality. Technically, the totality is more (and may be less) than the mere numerical totality of the symptoms. It includes the "concomitance" or form in which symptoms are grouped.

Hahnemann (Org., Par.7) calls the totality, "this image (or picture) reflecting outwardly the internal essence of the disease, i.e., of the suffering life force."

So it is in the symptoms picture, which is technically called Totality. The totality must express an idea. When studying a case from the diagnostic standpoint, for example, certain symptoms are selected as having a known pathological relation to each other, and upon these is based the diagnosis. Just so the "totality of the symptoms," considered as the basis of a homoeopathic prescription, represents the therapeutic idea. These two groups may be and often are different. The elements, which go to make up the therapeutic totality, must be as definitely and logically related and consistent as are the elements, which go to make up the diagnostic totality. The totality is not therefore a mere haphazard, fortuitous jumble of symptoms thrown together without rhyme or reason; any more than a similar haphazard collection of pathogenic symptoms in a proving constitute Materia Medica.

In paragraph 153 of The Organon, Hahnemann says that in comparing the collective symptoms of the natural disease with drug symptoms for the purpose of finding the specific curative remedy. "The more striking, singular, uncommon and peculiar (characteristic) signs and symptoms of the cases are chiefly and almost solely to be kept in view; for it is more particularly these that very similar ones in the list of symptoms of the selected medicine must correspond to, in order to constitute it the most suitable for effecting the cure." The fundamental mistake here has been in the failure to distinguish between the numerical totality and the related or logical totality, as already explained. Both of these misapprehensions should be recognized and corrected.

The real "**keynote system**" as taught and practiced by the late **Dr. Henry N. Guernsey** (but perverted by many) does no conflict with the doctrine of the symptoms, nor does it fall short of complying with Hahnemann's injunction to pay most attention to the peculiar and characteristics symptoms of the case. It is, in fact, strictly Hahnemannian. The truth is that Dr. Guernsey simply invented a new name for the old Hahnemannian idea.

Dr. Adolph Lippe illustrated his method in this way: "In many cases," he says, "the characteristic symptoms will consist in the result obtained by deducting all the symptoms generally pertaining to the disease with which the patient suffers, from those elicited by a thorough examination of the case." In other words ***the characteristic symptoms are the symptoms peculiar to the individual patient, rather than the symptoms common to the disease.***

In study of Materia Medica **Dr. P.P. Wells** says: "Characteristic symptoms are those which individualize both the disease and the drug." That which distinguishes the individual case of disease to be treated from other members of its class is to find its resemblance among those effects of the drugs, which distinguish it from other drugs. **Dr. Charles G. Raue** pointed out that scarcely one of the "keynotes" or characteristics symptoms belong exclusively to a single remedy, and cautioned us not to diagnose a remedy on one symptoms only, be it ever so characteristic. "While in some cases", he says, "it may point exactly to the remedy, it cannot do so in every case, as it is not rational to suppose that the whole sphere of action of a remedy, which is often extensive and complex, should find its unerring expression and indication in one symptom. But such characteristics are of great aid in the selection of the remedy, as they define the circle of remedies out of which we must select."

Dr. Hering, in his quaint fashion, years before the "keynote system" was ever heard of, said: "Every stool must have at least three legs, if it is to stand alone." He advised selecting at least three characteristic symptoms as the basis of prescribing.
