

THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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The HOMOEOPATHIC HERITAGE Turns

50 years

PEER REVIEWED

Sac Lac: The Use & Significance in Homeopathic Practice

- A Rigorous Academic Inquiry: Leveraging Concept Mapping Methodologies for Amplifying Learning Efficacy in Inaugural BHMS batches
- Saccharum Lactis a Placebo or Homoeopathic Medicine: A Mystery Vehicle

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All india bjain books quiz marathon 2024



Amruta Shah

It is a pleasant moment for me to share my thoughts about the Quiz Marathon by BJain. I will say that it is an amazing initiative taken, it not only helps gain knowledge but also it helps us know how we have to solve the questions in practical life ...I just love these quizzes as they motivate me to read the particular topic in details and know it's practical importance. Further to it also has amazing prizes but i think that's what gives more of motivation to take part in the quiz. Thank you .

Quiz is great and you give very nice book in every marathon which is very help ful to us I thank full to Bjain group for this beautiful quiz session and provide a great book thank you.



Farzana Khan



Jhilik Kundu

Thank You, B Jain Publishers!! for continuing this amazing quiz contest. This quiz contest covers all subject of homoeopathic, like anatomy, physiology, pharmacy, materia medica, repertory, practice of medicine etc. This quiz is helping us to showcase our talents.

Absolutely encouraging and promoting the homoeopathy science to another level.

The students today will be leaders tomorrow and very thankful to BJAIN for such initiative.



Karan Malakar

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Dear Readers,

Arguments and discussions on whether the introduction of placebo in the medical field is ethical, continue to prevail. 'Placebo' is the Latin term for 'I will Please' and is defined as any treatment which is apparently real but has no active medicinal properties and therefore offers no therapeutic benefit. In homeopathy, placebo is used not just for satisfying an overanxious patient but also for permitting some space for the previous symptoms to wear off, aggravations to settle down and allowing higher potencies of the actual medicine to work. Additionally, placebo is also used in Homeopathy to let the symptoms of crude medicine to fade away allowing the symptoms of the disease to emerge again.



Arguments and discussions on whether the introduction of placebo in the medical field is ethical, continue to prevail. Amid such discussions, the name of homeopathy emerges a number of times. While homeopathy has been facing the controversy of being believed to be witchcraft by some, others believe in the science behind this system of therapeutics. 'Placebo' is the Latin term for 'I will Please' and is defined as any treatment which is apparently real but has no active medicinal properties and therefore offers no therapeutic benefit. Several researches, clinical trials and studies carried out world over study the effects of a drug by administering it to some people and giving placebo to others, who are unaware that they have received no actual drug.

Placebo entered the world of medicine in the 18th century. As per an article recently published on Pubmed, "The main reason for administering placebos in late 18th-century medical practice was to satisfy the patient's demand and his expectations. Another reason was obstinacy of the patient: the motivation behind such prescriptions may be summarized as prescribing inert drugs for the satisfaction of the patient's mind, and not with the view of producing any direct remedial effect".

In homeopathy, placebo is used not just for satisfying an overanxious patient but also for allowing some space for the previous symptoms to wear off, aggravations to settle down and allowing higher potencies of the actual medicine to work. Additionally, placebo is also used in Homeopathy

to let the symptoms of crude medicine to fade away allowing the symptoms of the disease to emerge again.

In the footnote to aphorism 96 in the sixth edition of Organon of Medicine, the text reads- A pure fabrication of symptoms and sufferings will never be met with in hypochondriacs, even in the most impatient of them – a comparison of the sufferings they complain of at various times when the physician gives them nothing at all, or something quite unmedical, proves this plainly; – but we must deduct something from their exaggeration, at all events ascribe the strong character of their expressions to their expressions when talking of their ailments becomes of itself an important symptom in the list of features of which the portrait of the disease is composed. The case is different with insane persons and rascally feigners of disease.

Further, to justify the administration of placebo in chronic cases, in aphorism 91, Hahnemann said "When the disease is of a chronic character, and the patient has been taking medicine up to the time he is seen, the physician may with advantage leave him some days quite without medicine, or in the meantime administer something of an unmedicinal nature and defer to a subsequent period the more precise scrutiny of the morbid symptoms, in order to be able to grasp in their purity the permanent uncontaminated symptoms of the old affection and to form a faithful picture of the disease."

In aphorism 281, sixth edition of Organon of Medicine, Dr Hahnemann wrote- “In order to be convinced of this, the patient is left without any medicine for eight, ten or fifteen days, meanwhile giving him only some powders of sugar of milk. If the few last complaints are due to the medicine simulating the former original disease symptoms, then these complaints will disappear in a few days or hours. If during these days without medicine, while continuing good hygienic regulations nothing more of the original disease is seen, he is probably cured. But if in the later days traces of the former morbid symptoms should show themselves, they are remnants of the original disease not wholly extinguished, which must be treated with renewed higher potencies of the remedy as directed before”.

While the use of sac lac in homeopathy benefits the physician in a number of ways, the question of weighing the issue of patients’ trust on the doctor, and patient’s mental satisfaction still lurks in the background. The decision is thus at the discretion of the attending homeopath and depends on the case, and the patient’s attitude towards his illness.

Quick Word on Issue Content

This issue of The Homoeopathic Heritage themed ‘Sac Lac: The Use and Significance in

Homoeopathic Practice’ raises valid questions on the ethics behind the prescription that suggests administering non medicated sugar of milk or alcohol to a patient without informing him of non medicated nature of the so called medicine he is being prescribed. At the same time, this issue intends to find answers to these questions in the Homoeopathic literature and reflect the same in this issue in the form of case reports, opinion pieces and other articles by young budding homeopaths as well as professors of the science. Besides the monthly section -Stalwarts’ Expedition by Dr Subhas Singh, Director, National Institute of Homoeopathy, Kolkata, this issue features a wonderful column penned by Dr Subhash Chaudhary, Associate Professor, Practice of Medicine, National Institute of Homoeopathy, Delhi and several opinion pieces by students and professors of Homoeopathy. This issue also presents book reviews of two noteworthy books- Boericke’s Materia Medica and Gentle Medicine authored by Dr Dr. Joachim-F. Grätz, Oberhausen i. Obb., Germany.

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Placebo (Sac Lac): The Second Best Remedy

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Keywords

Homoeopathy, clinical trials, placebo, placebo effect, sac lac.

Abstract

Placebo and the placebo effect have always been present in medical history. The use of placebo as a methodological tool has assumed a leading role in the last 50 years and has become an integral part of controlled clinical trials, the main element of the evidence based medicine paradigm. Classic conditioning, response expectancy and a psychoneuro-immunological response is considered as the working mechanisms of the placebo effect. Sac lac is young homoeopaths best friend, the old doctor's reliance and a very present help in time of trouble. The doctrine of placebo, from the Latin *placere*, to please; is as old as the medicine itself. Its psychological value is far beyond one's imagination.

Introduction

Substances and interventions with no specific therapeutic effect have been in use since the dawn of history. The term placebo defines a therapy which is used for its non-specific psychological or presumed effect, but is without actual effect on the condition being treated. The placebo response is the non-specific beneficial response derived from the context of the encounter i.e. rituals, doctor patient relationship, & environment. ^[1] The advent, in the late 1940's of effective treatments which also had serious adverse effects, made the distinction between placebo and commonly accepted active drug effects more relevant and urgent and cleared the way for double-blind, randomized placebo controlled trials. This in turn led to the debate on the use of placebo, both in research and in clinical practice. Anthropologists, sociologists, physiologists and medical researchers are all fo-

cusings upon understanding the mechanism, role and modulating factors of placebo. Effective placebo remedies have been ubiquitous in all societies and cultures and continues to be a trusted ally for practicing clinician and an unavoidable hindrance to the clinical investigator. ^[2]

History

The earliest use of the term "placebo" in medicine dates back to the 17th century, while the term "placebo effect" was likely coined only at the beginning of the 20th century. In the second half of the 20th century, and the subsequent wave of empirical studies starting from 1970's had investigated the psychological, pharmacological and neurobiological mechanisms of placebo effects. From Aesculapius through Hippocrates to Galen and recently the history of medical treatment was largely the history of placebo effect, because all medical treatments, with rare exceptions were at best placebo. Throughout the history of medicine, multiple conceptions & theories of placebo and placebo effect have been co-existed across different domains. ^[3] Many treatments from the past relied heavily on the placebo effect, such as bloodletting for fever and other ailments. ^[4] Until the first half of the twentieth century, placebo was commonly used for the treatment of neurotic or inadequate patients. ^[5] The term placebo came from a mistranslation from St. Jerome while he translated the ninth verse in Psalm 116 from Hebrew into Latin. The word *ethalecth* became placebo, which would mean to please in the English translation. ^[6] Already long before in ancient times, physicians, priests & magicians used faith healing, embalming, "specific" remedies without pharmacologic effective ingredients & empathy to care for their patients. As we are aware that most of these treatment strategies contain no active substance & therefore, can be considered as placebo. ^[7]

In the late 18th century the term “placebo” became part of medical jargon. In contrast to the prevailing opinion that it was the Scottish physician and pharmacologist William Cullen (1710–1790) who introduced this expression into medical language in 1772, the credit must be given to another English physician, Alexander Sutherland (born before 1730 – died after 1773). After Henry Beecher reported on the randomized controlled trial design with a placebo arm during World War II; placebo and specific effect became a subject of interest and research in itself.^[8]

Etymology

The word placebo (Latin, I shall please) was for use in the 14th century.^[9] Since the 14th century, placebo has been associated with fake as demonstrated in Latin prayers for the dead. Singers for placebo are paid mourners or mourners claiming a relation to the deceased in the hope of getting share of the funeral meal. Here the word placebo carries the connotation of depreciation and substitution, because professional were often stand ins for members of the family of the deceased. In the late 1300s Geoffrey Chaucer in his Canterbury Tales (Merchant's Tale) depicts a man named Placebo. In this tale, the man is associated with wicked behaviour and is portrayed a sycophant. The first documented medical dates from the late 18th century.^[10] In the 1785 New medical dictionary, placebo is described as a commonplace method or medicine.^[11] In 1811, the revised Quincy's Lexicon-Medicum defines placebo as an epithet given to nay medicine adapted more to please than to benefit the patient.^[12]

Definition of placebo and placebo effect

In early 1900's, Shapiro defined placebo as any therapeutic procedure which has an effect on a patient, symptom, syndrome or disease, but which is objectively without specific activity for the condition being treated. Whereas placebo effect is the psychological or psychophysiological effect produced by placebos.^[13] Brody defined it as an intervention designed to simulate medical therapy that at the time of use is believed not to be a specific therapy for the condition for which it is offered. Brody considered placebo effect as a change in a patient's illness attributable to the symbolic import of a treatment rather than a specific pharmacologic or physiologic property.^[14] Hornung has pragmatically defined placebo as 'an empty preparation or intervention imitating an effective preparation or intervention where one

must decide on the “emptiness” of the preparation in each particular situation.^[15]

Mode of action

The placebo response is multifactorial, which can be summed up as a psychosocial context or even an atmosphere influencing the therapeutic outcome. The psychological and social aspects of placebo should not only be referred to as the effect of an inactive substance but be seen as words of medical actions capable of impacting the patient's brain. Most of the studies identify expectation as one of the main mechanisms for the placebo effect. In neuroscience, the placebo response represents a helpful tool for the understanding of the mechanisms underlying higher brain function particularly the reward system.^[16] The placebo response itself comprises a wide range of diverse components coming all together to create a positive outcome to alleviate the patient's suffering. Not just the administered drug but the whole setting around the patient is responsible for creating a beneficial therapeutic effect. It is especially necessary to turn one's attention to the mind-body interaction as our brain holds a tremendous power over physiological processes. The surroundings, in which the medical procedure is being carried out, has an immense impact on the terminal outcome, no matter if it turns out to be positive or negative. Through experience, conditioning and learning, placebo effects often occur unconsciously but highly frequently^[17]. The mere act of consulting a doctor when suffering, contributes to the placebo response as the doctor is associated with a healer's position, who will improve the patient's discomfort. The placebo effect remains, however, poorly investigated, rarely understood and insufficiently used.^[18]

Placebo is it boon or a curse?

There is need to understand that a placebo is a treatment that is indistinguishable from the tested treatment but does not involve the key element of treatment expected to be responsible for the therapeutic effect that is being tested. If the main measures rely on patient reports, the outcomes may be biased by greater “emotional investment” and higher expectations in patients who know that they have been allocated to the tested treatment group because patients often believe that invasive, new, and expensive procedures are more effective. Conversely, the outcomes may be negatively biased by patients' dissatisfaction with allocation to a non-treatment control group.^[19]

Need of placebo

The main reason for administering placebos in late 18th-century medical practice was to satisfy the patient's demand and his expectations. Another reason was obstinacy of the patient: the motivation behind such prescriptions may be summarized as prescribing inert drugs for the satisfaction of the patient's mind, and not with the view of producing any direct remedial effect. In most cases these 18th century physicians did not administer "pure" placebos but resorted to any kind of medicine which they thought simple, feeble, or altogether powerless, non-perturbing medicines.

In the 18th century those physicians who prescribed placebo usually thought of drugs which were considered not very effective in the particular case, e.g. a mild ointment. At the same time, only very few brilliant minds came up with the ingenious idea of using inert substances as placebo. An alternative to milk sugar used as placebo in homeopathy was bread pills.^[20] There are several types of placebo viz. pure and impure placebo. Whereas the pure placebo is an inert substance with no pharmacological effect, and the impure placebo is an active substance, which has no medicinal benefit as treatment for the condition it targets, such as vitamins or antibiotics in viral infections.^[21]

Homoeopathy and Placebo

The technical name of Sac lac is saccharum lactis officinalis; abbreviated as S.L or sac lac or just plain sugar of milk. The term saccharum lactis originates from Latin words saccharum meaning sugar and lactis meaning milk. It is the most important solid vehicle in Homoeopathic pharmacy. It has practically no medicinal action. It is solid vehicle for preparing and dispensing Homoeopathic medicines.^[22]

Samuel Hahnemann (1755-1843) discovered new holistic healing system on the basis of law of Similia and named it as Homoeopathy. One of the basic tenet of Homoeopathy is mono-pharmacy and that too in single dose in chronic diseases and frequent repetitions in acute diseases. Hahnemann was the first physician who administered placebos to his patient on a systematic and regular basis. The rationale behind this practice was that Hahnemann had encountered the well-known problem that patients were used to taking medicine on a daily basis as it was routine practice which was against the principles of Homoeopathy.

The main reason for giving placebo was therefore to please the impatient patient who was used to frequent medications in different combinations (polypharmacy) in allopathy. Therefore, on close examination of Hahnemann's case journals one can find the placebo prescriptions. In most instances Hahnemann marked placebo with the symbol (§)^[23]

In aphorism 91, Hahnemann had advised physician to administer something of an un-medicinal nature in chronic cases where the patient was already on allopathic or other mode of treatment. The intention was to get the true fundamental idea of the disease and to ward off the effects of medicine so that the original unmodified picture of the disease will be traced accurately. In aphorism 96 foot note no 88 Hahnemann had laid down indication for placebo prescription in cases of hypochondriacs "a pure fabrication of symptoms and sufferings will never be met with in hypochondriacs, even in the most impatient of them - a comparison of the sufferings they complain of at various times when the physician gives them nothing at all, or something quite unmedical, proves this plainly." In aphorism 281, Hahnemann had advised placebo in cases where cure has ensued but the patient needs to be observed "in order to be convinced of this, the patient is left without any medicine for eight, ten or fifteen days, meanwhile giving him only some powders of sugar of milk. If the few last complaints are due to the medicine simulating the former original disease symptoms, then these complaints will disappear in a few days or hours."^[24]

The above statement is true in the context of Sac Lac; the second best remedy. The traditional bread pill now has given place to the elegant powder of white pure sugar of milk or attractive little vial of sugar pills or tablets with a proper label and directions for its use along with assurance of "expected response" if followed as directed by the physician.

Placebo is best suited in cases where you need time to study the whole case in terms of individualization of patient as a person, the disease and the similitum. At this point the physician can give the second best remedy i.e. Sac Lac with directions and recall patient after few hours in case of need of instant prescription or next week in case of mild functional diseases. Another indicated use of the placebo (sac lac) is administering it as a supplement to the indicated remedy in acute or chronic cases. Secondly, Hahnemann had advised

not to stimulate the vital principle unnecessarily when the indicated similimum remedy has shown signs of improvement. At such instances where patient is on the way towards recovery and further course of cure where few remnant symptoms are still present; placebo is an indicated prescription. In chronic diseases where patient is having high susceptibility the constitutional remedy is infrequently prescribed as per the need of patient judged on the basis of outcome assessment; the interval period between two doses is filled with administration of placebo. There are many polychrest Homoeopathic medicines that are having long duration of action ranging from few days, weeks or months together in such instances placebo stands out prominently as the choice of prescription.

In cases of indisposition, instead of conveying patient that change in lifestyle or diet or following certain hygienic measures will restore the imbalanced state into health wont relax their anxiety; placebo is the answer for their cure. [25]

CONCLUSION

Placebo and the placebo effect have always been present in medical history. The use of placebo as a methodological tool has assumed a leading role in the last 50 years and has become an integral part of controlled clinical trials, the main element of the evidence based medicine paradigm. Knowledge of the conceptual and historical considerations of placebo may help to understand it's role in medical practice. Use of placebo by physician for therapeutic purposes is a common part of clinical medical practice. Under certain strictly defined circumstances the use of placebo in patient care is ethically and legally justifiable. However, from any perspective, the rights and duties inherent in the physician- patient relationship must be respected by the physician when considering the clinical use of placebo. Even without a consensual definition, and assuming that the placebo effect does not seem to be fully dependent on a placebo administration, one issue seems unquestionable: the placebo effect is present in clinical practice and in clinical trials, no matter which name we choose to call it. Though sound scientific evidence is lacking, still the placebo effects exist across all disciplines of medicine. Classic conditioning, response expectancy and a psycho-neuro-immunological response is considered as the working mechanisms of the placebo effect.

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Dr. Dorothy Shepherd: A Keen Proponent of Homoeopathy

Prof. (Dr.) Subhas Singh¹, Dr. Rumsha Tamkeen², Dr. Vaishnavi Achrekar²,
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Dr. Dorothy Shepherd was a converted homoeopath of British nationality. She was a student of Dr. J.T. Kent and one of the influential homoeopaths of Britain who brought Dr. Kent's teachings to Britain. She was born Dorothy Alice Shepherd on 24th August 1885, in Greenwich, St Alphege, England. Her father was a missionary in South India. Some sources have mentioned her birth year as 1871.

Medical Education

When she was a child of 10 years old, Dr. Shepherd announced to her family that she would become a physician and attend the orthodox medical schools. She was trained in orthodox medicine in European universities. She studied at Heidelberg University, Germany, and other medical schools before receiving her degree from Edinburgh Medical College in Scotland. She pursued specialization in Midwifery and Surgery in women's disease. During her residency at a "Homoeopathic" hospital, she dedicated most of her time to surgical procedures and had limited exposure to proper homoeopathic practice.

Though she had been taking homoeopathic medicines since her childhood, Dr. Dorothy Shepherd converted to Homoeopathy several years after her education. It can be said that her medical training distanced her from Homoeopathy. Homoeopathic doctors at the hospital where Dr. Shepherd pursued her residency had a habit of prescribing multiple remedies simultaneously, resulting in patients leaving with four or five bottles of colourless water. When Dr. Dorothy

questioned these doctors about the rationale behind not combining all the remedies into a single bottle, her inquiry was met with disapproval. Several years later, the doctors at the said hospital ceased to be identified as homoeopaths. By this time, she had become disheartened with their approach and decided to transition to a new role as a surgeon, feeling dissatisfied with what she perceived as the deceptive nature of so-called Homoeopathy.

Initiation of Homoeopathic Journey

Dr. Dorothy Shepherd was not only treated with homoeopathic medicines during her childhood but she was also brought up with Dr. Constantine Hering's Domestic Physician. She had a copy of this book at her home and immersed herself in reading it even during her growing years. However, she evaded this science till many years after her graduation when she heard the name of Hering's Medical College. She is quoted to have said, "*Then by some good chance I heard about the Hering College in Chicago. The name Hering conjured up memories of a tattered old book, a long-legged child rearing over its contents. I must go and find out the truth which so long had evaded me*". She hence travelled to Chicago to study at Hering Medical College in 1906.

However, she was still skeptical. When she was travelling from England to America, she developed excruciating sinusitis from the boat passage. She was given Nux Vomica CM by a physician at the college. He told her to expect an aggravation followed by an improvement. She

remarked, "It was all double Dutch to me. I smiled in a superior fashion and thanked him. I could not believe that such a microscopic dose could make any difference let alone give me more pain." She did have a rapid cure of the sinusitis and then engaged herself in her new studies with enthusiasm, more convinced than ever. While attending school in Chicago, she struggled to concentrate, and her memory was not as sharp as it used to be. At the suggestion of a fellow student, she tried Tuberculinum 1M, which significantly improved her mental acuity and memory to the point where it was nearly photographic. After that experience, she became a proponent of high potencies.

Kent's teachings had a big impact on British homoeopaths born between 1870 and 1890. They got scholarships to study in Chicago under Dr. James Tyler Kent for a year. Dr. Kent died in 1916. Some important people in British Homoeopathy, like Drs. Douglas Morris Borland, John Weir, Harold Fergie Woods, and William Percy Purdom, took part in these study tours. They came back to the United Kingdom and changed the Homoeopathic practice for good in Britain. These study tours were funded by the family of Dr. Margaret Tyler, whose parents were enthusiastic about the spread of Homoeopathy. It was through this scholarship that Dr. Dorothy Shepherd went to Chicago for her study in Homoeopathy. Her teachers were Drs. Tom Hagen and Dienst, both students of Dr. Kent. Although Kent was in Chicago at the time, Dr. Shepherd does not mention meeting him in her writings.

About the newly learned science she admits, "Since my return I have tried to apply the lessons. I must admit that Homoeopathy has never let me down, I have failed when I did not have sufficient facts. Homoeopathy is a life-long study, it requires the burning of the midnight oil, but it is worthwhile."

Having pursued a career as a homoeopath, she delved deeply into the subject, becoming more convinced that it is the best approach for all types of ailments. She practiced in Harley Street and at other clinics across London.

Literary works

She authored numerous books on Homoeopathy, all brimming with personal anecdotes that are a joy to read. Some of her publications are:

Homoeopathy for the First Aider (1945)

Magic of the Minimum Dose (1938)

More Magic of the Minimum Dose (1949)

A Physician's Posy (1951)

Homoeopathy in Epidemic Diseases (posthumous 1967).

She has also authored more than 20 articles sharing her personal experience in practice. 'Homoeopathy in women's ailments' 'My conversion to higher potencies' 'Homoeopathy in Dentistry' and 'Troubles of the Change of Life' are a few to name and deserve special mention.

She believed that every sufferer should know of Homoeopathy and to make this science more popular, she wrote 'Homoeopathy for the First Aider' in which easy instructions for the treatment of injuries and common ailments are explained.

World War I and Dr. Shepherd's Homoeopathic practice

During World War I, Dr. Shepherd relied completely on Homoeopathy as trauma was very common during the period. After transitioning to full-time Homoeopathy, she never went back to conventional methods. She trained her staff in Homoeopathic protocols for all emergencies, including pre and post-operative procedures. She replaced conventional antiseptics with Calendula, used Arnica for broken bones before setting them, and replaced conventional analgesics with Hypericum, Arnica, and Ledum to avoid side effects. She used Belladonna for fever cases, and Aconite and Gelsemium for psychological trauma. Her workload was heavy, and she used to work in areas under frequent bombings, making her experience similar to working in a MASH (Mobile Army Surgical Hospitals) unit with unprepared civilians.

In the 1940s, Dr. Shepherd established a Homoeopathic centre in Bramshott, England. She was involved in philanthropic work spending long hours in providing homoeopathic care to the poor in London. She was well known for her service and staunch support of Homoeopathy.

Dr. Shepherd was a member of the *London Society for the Abolition of Compulsory Vaccination*. Henry



Tudor Edmunds, Henry Valentine Knaggs, Erich Kurt Ledermann, and Harold Fergie Woods were some of its other members.

Dr. Dorothy Shepherd in her book *More Magic of the Minimum Dose*, remarked, "There is no sickness, only sick people".

Demise

Dr. Dorothy Shepherd passed away at the age of 67 years, on 15th November 1952. She provided 45 years of service to Homoeopathy.

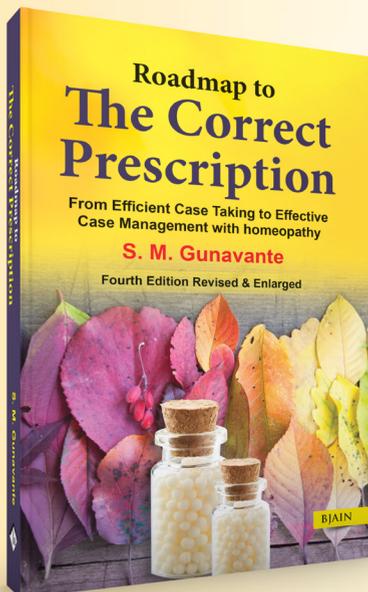
It is said about her in an article that she was

"one of the most valiant and incisive exponents of Homoeopathy. She always maintains that the true healer must be a scientist, and an artist, and the art of healing was one of her favourite themes. She gave long and unselfish service in London's poor folks' dispensaries. She felt that Homoeopathy was for the people not for a coterie."

Her contributions to Homoeopathy through her practice and published writings helped bridge the gap during the struggling years of Homoeopathy in the 1900s.



Roadmap to The Correct Prescription



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- *Twenty exercises for repertorisation have been added for the first time*
- *The chapter on "How to Study the Materia Medica" has been entirely re-written presenting a novel and realistic method.*
- *Inclusion of significant ideas on the practical application of Materia Medica on the basis of the "minimum syndrome of maximum value,".*
- *Further, the minimum essential characteristics of ten remedies have also been given, as a model.*

Saccharum Lactis a Placebo or Homoeopathic Medicine: A Mystery Vehicle

PEER REVIEWED

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Keywords

Saccharum lactis, Sac. Lac., Lactose Intolerance, Nocebo, Homoeopathy

Abstract

Dr. Hahnemann recommended use of Saccharum Lactis (Sac. Lac.) to be used as a vehicle for dispensing homoeopathic medicines due to its inert nature. It is used to prepare medicines in decimal scale, tincture triturates, tablet triturates and tablets. A fact persists that, Sac Lac also has pathogenetic symptoms, which was proved by Dr Swan. This raises question on its scientific use as a common vehicle in Homoeopathy.

Objective: To Study the existing conflict in use of Sac. Lac. as a vehicle, placebo, diet and as a medicine.

Conclusion: In spite of a fact that Sac. Lac. Proves its own symptoms but is still a well-accepted vehicle in homoeopathic practice. Dr. Swan's effort to prove Sac. Lac and to record its pathogenetic symptoms needs further attention for future research to distinguish the purity of Sac Lac. as a Vehicle or a Medicine.

Introduction

In Homoeopathic practice the selection of vehicles for dispensing medicines is also an art and a science. It is defined that homoeopathic vehicles are material agents that are therapeutically inert, having no curative properties of its own as well as being chemically non-reactive with any drug substance. They are a media for extraction of drug properties, its preservation and conveyance of the drug properties to the intended site of action.

In homoeopathic practice there are various forms of vehicles in use such as Solid vehicles (Sugar of Milk, Pellets, Tablets), Liquid vehicles (Distilled water, alcohol), Semi-solid (Paraffine, Lanolin). They are used to prepare homoeopathic mother tinctures, mother solutions, mother substances and developing the dynamic curative energy of the drugs to make it therapeutically active and also eliminate the toxicity of the drug substances by diluting the crude drug by potentiation.

Saccharum Lactis also known as Sugar of Milk originates from the Latin word, Saccharum means 'sugar' and Lactis means 'milk'. It is prepared from goat's milk which contains proteins, caseinogen, lactose, fats, minerals, salts, and water by the process of evaporation and recrystallization. The purity of sugar of milk used for dynamization must be of that special pure quality that it is crystallized on strings and comes to us in the shape

of a long bar. Due to its gritty texture it is used in trituration of Homoeopathic drugs. It is devoid of fat therefore can also be used as a temporary diet for babies who cannot tolerate milk.^[1]

Dr. Hahnemann in his writings of Chronic Disease in 1828 mentioned globules of Sac lac as chief vehicle for his remedies as he considered it as an inert substance but his method of attenuation and experience shows that no substance is absolutely inert in any form. After that in 1888, Dr. Swan published a full pathogenesis of Saccharum lactis and recorded a case in Clark's Materia Medica.^[4]

About Saccharum lacti (Sac. Lac.)

Preparation of Sac. lac.: It is prepared from goat's milk which contains proteins, lactose, fats, minerals, salts and water. The goat's milk is allowed to stand still in cold storage and skimmed off to remove fat content of milk. The fat free skimmed milk is treated with hydrochloric acid and filtered to remove casein. The remaining filtrate is called whey. Lime is added to adjust the pH followed by heating the filtrate to coagulate the albuminous matter. The liquid is set aside to crystallize. These crystals are dissolved in distilled water and decolorized with animal charcoal; the solution is again recrystallized to obtain 'commercial lactose' but since 'commercial lactose' contains some impurities therefore it is not suitable for homoeopathic use. Stapf devised the method for purification of commercial lactose i.e. one-pound commercial lactose dissolved in four pounds of boiling distilled water, this warm solution is filtered and mixed with four pounds of absolute alcohol and kept aside in a tightly closed vessel for pure Sac. lac. to crystallize into a final product which is a hard, crystalline, milky white, faintly sweet, odorless, sandy, gritty feel on touch, water soluble but insoluble in alcohol with molecular weight 360.3 and neutral to litmus paper.^[1]

Utility: Sac. Lac. is used to prepare medicine in decimal scale, tincture triturates, tablet triturates and tablets. In one grain or 65mg, weight variation between two tablets recommends 10%. Tablets provide an accurate and stable dose of drug. Preservative properties of sugar of milk are superior to cane sugar and other vehicles, keeping the minutest particles of triturated

metals untarnished by oxidation, for an indefinite time. As it is devoid of fat therefore it can also be used as a temporary diet for babies, who cannot tolerate milk. It is having both placebo as well as medicinal effects.

About Placebo

Homoeopathic view of Placebo: In Organon of medicine (combined 5th& 6th edition) Aphorism 281, Hahnemann says, during Homoeopathic aggravation few complaints remain due to drug which disappear within few days, meanwhile the patient is given nothing or only powder of sugar of milk.^[2]

Modern Medicine view of Placebo: According to Modern Medicine, Placebo is an inert substance which works Psychodynamically rather than Pharmacodynamically. It is used in clinical trials as a control group and also in patients who do not require any active drug. Placebo effect largely depends upon the physician-patient relationship. Substances commonly used in Modern Medicine as placebo is Lactose Tablets, Capsules, Distilled water injection.^[6]

Nocebo: Converse of placebo, refers to negative Psychodynamic effect evoked by pessimistic attitude of patient or by loss of faith in medication or physician. Nocebo effect can oppose the therapeutic effect of active medication. For e.g. Nocebo response would be expecting that your medication will cause side effects and experiencing those unpleasant symptoms even though the medication they are taking is actually an inert substance.^[6]

View of Dr Hahnemann & Dr Swan

In 'Chronic Diseases' (1828), Dr Hahnemann chose globules of Saccharum lactis as chief vehicle of his remedies due to its inert nature. In 'Chronic Diseases' he explained that it is just a fear of some purists that long trituration of sugar of milk might have medicinal effect of its own but according to Hahnemann, long trituration of the sugar of milk alone, or in the potentization of medicines, something might rub off from the porcelain mortar (silica) which being potentized by this same trituration would be bound to become strongly acting Silica." He also advised that pure sugar of milk can be used as a food in considerable

quantity without any change in the health.^[1]

In 'Clarke Materia Medica' (1888), Dr Swan published full pathogenesis of *Saccharum lactis* proved in 30th potency.

Drug Proving Symptoms of *Saccharum lactis*

It causes sensation of both coldness and heat. One of cold sensation is: 'sensation of extreme cold passing in fine line from center of pubes to point two or three inches above' *Dr Swan regards cold pain as a keynote* and recorded the case: Mr. S. had an excessively cold neuralgic pain in cartilage of both ears, the right being the worst, with tingling as if frost-bitten, neuralgic pain in forehead, in occiput and these pains are ice cold in nature, as if produced by ice-cold needle. So according to the similarity of symptoms *Sac. lac.* relieved all the pain within an hour. General symptoms mentioned in Clarke's *Materia Medica* are small shooting pain all over, throbbing in various parts of body, flying, darting, stitches. Aggravation-damp room, approaching storm, morning, evening, blue and yellow colour. All symptoms amelioration from heat of fire, after 4 PM and red colour. Continuous yawning all day, cannot sleep on the right side, sleep putting hand over head, lying diagonally across the bed. Hungry all the time, wanting something to eat, first getting out of bed, great thirst for a large quantity of cold water. Ball sensation in rectum, great straining with no stool. Tongue coated yellow on each side. Burning in the whole mouth. Sensation of coldness, as of ice in mouth and throat, globus hystericus. Menses dark, early, greenish-yellow leucorrhoea, lobulated growth on each side of vagina, itching and rawness of labia. Sound of running water produced urination, no power to restrain it. Urinates very frequently in large quantities. Involuntary urination several times at night.^[4] H.A Hare mentions *Sac. lac.* "Scientific and clinical studies have shown it to be possessed of very great diuretic power when given in full dose". It causes profuse diuresis in infants fed on it. Its direct action on kidneys indicates it in renal dropsy and renal inactivity.

Discussion

According to Stuart close Homoeopathic Dynamization is a mathematico-mechanical process for reduction according to scale of crude,

inert, or poisonous medicinal substances to a state of physical solubility, physiological assimilability, therapeutic activity and harmlessness, for their use as a homeopathic healing remedies^[3]. So according to this *Sac. Lac.* is a state of an inert crude substance but after dynamization its inner dynamic power may be therapeutically active which may be effective for healing the sickness.

However, research study still needs to be done to ascertain the true pathogenesis of medicines which are dynamised using vehicle '*Sac Lac*' which might have confounded with the pathogenesis of the drug substance; as both have their own dynamic effect when dynamised. For e.g. if *Bryonia* is dynamised using *Sac Lac*, the true dynamic power of the medicine might alter.

It can be of great value if *Sac lac* is studied well as a remedy and also properly used in practice as its *Materia Medica* contains several valuable symptoms, which can be helpful to treat various illnesses.

CONCLUSION

It is evident that in Homoeopathy, *Sac Lac* is widely used as a vehicle to prepare Homoeopathic Medicines by trituration. It is used as placebo and to dispense medicine but still the question of research remains unanswered about how this substance which have medicinal effect can be used as an vehicle. In spite of this fact that *Sac. Lac.* proves its own medicinal properties but is still a well-accepted vehicle in homoeopathic practice. Dr Swan's effort to prove medicinal properties of *Sac. Lac.* needs further attention of today's research to distinguish the purity of *Sac Lac.* as a Vehicle or a Medicine.

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Sac Lac : The Multi-Functional Tool In Homoeopathic Practice

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Abstract

Saccharum lactis is the most essential and significant part of Homoeopathy.

It has multiple functions in Homoeopathic Practice which are as follows:

As a Placebo.

As a Vehicle

As a Potentized Homoeopathic Remedy.

Keywords

Saccharum lactis, Sac lac, Homoeopathy, Placebo

Introduction

Saccharum Lactis is a non- medicated Solid Vehicle. Sac. lac. has multifunctional role in Homoeopathic Practice, as Vehicle, as a Placebo and as a potentized Homoeopathic Remedy. It used mainly used for dispensing Homeopathic Medicine. Its technical name is Saccharum Lactic Officinalis which is abbreviated as Sac Lac or SL. It is nothing but just the plain sugar of milk.⁽¹⁾

It is also used as Placebo. Placebo is the second-best remedy in Homoeopathy specially in the day-to-day practice certain situation arise which lead us to prescribe placebo.⁽²⁾ Placebo is employed in the forms of Sugar of Milk (Saccharum lactis), Cane Sugar (Sachharum officinale- Sucrose) Globules or Tablets or Cones, Alcohol in the Homoeopathic Practice.⁽¹⁾ Dr. Hanhemann chose globules made

of Saccharum lactis as chief vehicle to dispense his remedies as he considered it to be most inert substance he could discover.⁽³⁾

But, also his method of attenuating remedies had shown that no substance is ever absolutely inert in potency form.⁽³⁾ According to Dr. Hering, using too much sugar may result into large proportions of Chronic diseases of Women and Children.⁽⁴⁾ Saccharum lactis is mainly used as remedy when there is great physical exhaustion and weakness, mainly caused by overwork.⁽³⁾

It is also used as Homoeopathic Remedy, when potentized for various different conditions specially when there is great physical exhaustion after being overworked and mental exertion.

Characteristics

- It is a crystalline mass, which is milky white in colour and is sandy or gritty to touch.
- It is odorless.
- It is faintly sweet in taste.
- It is a Non-Medicated Substance.

Uses

- It is extensively used for the purpose of dispensing Homeopathic medicines to the patients.
- It is used as a 'Placebo'.
- It is used in the preparation of potentised medicine in decimal potency.

Significance In Homoeopathic Practice

- Placebo Effect
- As a Vehicle
- As a Remedy

Placebo Effect

It is a substance or an agent prescribed for the psychological benefit to the patient rather than for any physiological effect. It's our inevitable gift of God and our Master – A Placebo. Placebo is a Latin word which literally means "I shall please" or "to please".⁽¹⁾

The placebo effect is that which refers to the phenomenon where a patient experiences an improvement in symptoms after receiving an inactive substance or any intervention, simply due to their belief in that substance for its therapeutic effects. It highlights the complex relationship between mind and body and it underscores the importance of the psychological factors in the healing process.⁽²⁾

The placebo use was a well known and frequently used tool by Hahnemann in his practice of Homoeopathy. His literature leaves no doubt for the usage of this great "unmedicated remedy". Our master clearly explains his point of view about administration of placebos through his Organon of medicine in Aphorisms 91, 96 and 281.^(2,5)

The common trend of human beings, whenever he or she feels ill, is to have a strong impulse to take some medicine for the illness.⁽⁶⁾ The placebo effect is well-documented and has been observed across various medical conditions. It plays a significant role in clinical trials and can lead to improvements in subjective measures such as pain, mood, and overall well-being.⁽²⁾

Sac Lac As Vehicle

It was believed to be the most inert substance by Dr. Hahnemann and hence he used globules of Saccharum lactis as a chief vehicle in dispensing of Homoeopathic Medicines. Sac lac is also used in the form of Cones, Tablets or Alcohol as Vehicle for dispensing.⁽³⁾

Sac Lac As Remedy^(3,7)

Saccharum lactis, Sac. lac., S.L. is a remedy prepared from Milk Sugar and contains Lactose. Although, mainly used as a vehicle or as Placebo, because of its inert nature, is also used as a Homoeopathic Remedy post potentization process, as no substance is absolutely inert in nature.

Sac. lac. When administered in large doses, it develops bacillus acidophilus which correct the putrefactive conditions of the intestine and also relieves constipation.

It is also quite helpful when there is sensitivity in every part of the body with small shooting pain all over during the morning. Cold pains, as if the pains were produced by fine, icy cold needles with tingling as if frostbitten. Great physical exhaustion and weakness caused by overwork being the marked symptom. There is also a feeling of prostration from mental excitement.

Mental Generals

Extremely nervous.

Sudden fear and trembling of the whole body.

Sarcastic.

Fault finder.

Could not speak a pleasant word to anyone.

Laziness.

Longing and Melancholy as if homesick. Fear of death with pain in heart.

Physical Generals

Great physical exhaustion and weakness, caused by overwork.

Prostration from mental excitement.

Vertigo, tendency to fall to the left side. Deafness with vertigo. Meniere's disease.

Hungry all the time.

Putrid fermentation and dyspepsia.

Dyspepsia with nausea, that doesn't affect the appetite.

Waterbrash, flatulence, hot, sour belching.

Desire for dainties.

Great thirst, wants large quantities of very cold water.

Sensation of burning, as if fire.

Small cold pains, as if produced by fine, icy cold needles with sensation of tingling, as if frostbitten.

Constant, urge to urinate with cutting pain in urethra.

Urinate large quantities very frequently. Involuntary urination during night.

Causations

Mental Excitement.

Over-fatigue.

Modalities

Worse by a coming storm.

Pains, worse in a damp room or basement, but better if there was a fire.

All symptoms get better after 4 a.m.

Worse by blue and yellow colors, and better by red color.

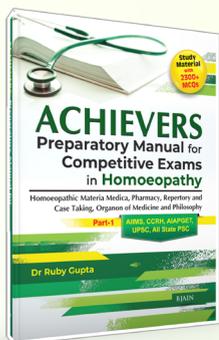
CONCLUSION

Saccharum lactis has a widespread role and significance in Homoeopathic practice. From being used as a vehicle to dispense Homoeopathic Remedies, to its use as Placebo when there is no

need to prescribe medicine but at the same time its necessary to give something to the patient to create psychological satisfaction for the patient. For the same reason, Sac. lac. is considered as the Second Best Remedy in Homeopathic Practice after the first best selection being the Individualized Remedy selected for that particular patient. It is also used as a Homoeopathic Remedy especially in cases when there is great exhaustion especially after being overworked or mentally exerted. Saccharum lactis is hence the most essential part of Homoeopathic Practice. It would not be incorrect to say that practice in Homoeopathy will not be the same if not for Sac lac as a tool in the practice.

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Sac-Lac: The Catalyst of healing in Homoeopathy

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"The young homoeopath's best friend, the old doctor's reliance and a very present help in time of trouble."- **Stuart Close**

Keywords

Sac-Lac, Vehicle, Dynamic medicine, Placebo

Abstract

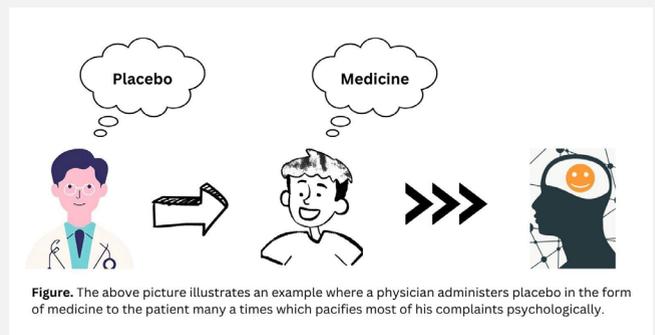
Since antiquity when knowledge of disease aetiology was unknown, placebo have been used in medicine with significant results in improving health and quality of life by giving psychological effects. Though directly not attributing to the treatment, placebo effect has measurable, observable or perceivable effect in health. Hahnemann used *Saccharum lactis* as the chief vehicle to dispense his remedies, considering it to be the most inert substance but his method of attenuating remedies and experience shows that no substance is absolutely inert in any form. This article shows how Sac-Lac also known as placebo is of great importance in treating today's active world where satisfying patient becomes a challenge to all medical person especially homoeopaths.

Abbreviations: Sac. Lac. / s. l. – *Saccharum lactis*; RCT – Randomized clinical trials; °C – Celsius; °F – Fahrenheit; U.S.P. – United States Pharmacopeia

Introduction

Placebo contributes to sham medical treatment, often said to be the second best remedy. It does not contribute to the treatment directly, but has a measurable, observable or perceivable effect in health, technically known as *saccharum lactis officinalis* abbreviated as *sac. lac.* or *s.l.* or just plain

sugar of milk. According to Cambridge dictionary, placebo is a substance given to someone knowing it be a medicine, either to make that person feel as if they are getting better or to compare the effect of the particular medicine when given to others.⁶ The word "placebo" comes from Latin word 'placere', 'to please'; "placebo" meaning "I shall please" suggesting the positive effects of a medication or a specific thing when taken as remedy. These substances do not have any biological effect in the care of the patient but give psychological effects (**Figure**). Clear knowledge of the effectiveness of an inert substance or a fake surgery or therapy are unknown. Placebo includes inert tablets like sugar pills, inert injections like saline, fake surgery and other procedures. Placebo in homoeopathic practice can be in the form of sugar of milk, cane sugar globules, tablets, cones, distilled water or alcohol.^{1,2,3,4,5}



Dispensing: Little vials are artistically labelled containing impressive directions describing exact number of pills to make a dose, how many times to administer and assuring if directions are

faithfully followed to expect happy effects.²

Synonyms – Nihilinum, Phytum, Placebo, Rubrum, Sac. Lac, Sugar of Milk¹¹

Use of Sac. Lac. / Placebo

On close observation of Hahnemann's case journals during period of 1832-1833, reveals a high percentage for placebo prescriptions.³

To please his impatient patients addicted to frequent allopathic medications.

Being unsure of correct finding of homoeopathic remedy.

When females begin to menstruate during the treatment.

Temporarily treating beer addicted patients.

§7, §77, §150 – Not all cases presented to a physician namely 'indisposition' requires medication, may require lifestyle modification along with removal of obstacle to cure and prescribing placebo.⁷

§91 – Administer patient with something of unmedicinal nature when not presenting with a pure disease picture due to previous course of medicine in-order to get a true fundamental idea of the original disease form purely uncontaminated with old affections.⁷

§96 footnote – Administer in hypochondriac patients with pure fabrication of symptoms and sufferings.⁷

§281 – Administering placebo during treatment to differentiate between medicinal and homoeopathic aggravation.⁷

Stuart close in his "The Genius of Homoeopathy" says placebo to be the second-best remedy without which no homoeopath can long practice medicine.²

When a physician cannot find an indicated similimum in 1st prescription then he uses placebo to satisfy his patients till he reaches the simillimum.²

Given to patients by both researches and doctors.^{3,4}

Used in randomized clinical trials (RCTs) to test the efficacy of medical treatment, to prevent the recipient or others from knowing whether

a treatment is active or inactive as expectations about efficacy can influence results.^{1,3,5}

In triturating drugs to aid in rendering them finer and more energetic minute doses.¹²

Sugar of milk is thought to be practically inert medicinal agent hence used as a homoeopathic vehicle to dispense medicine.¹²

Germain and others declare it as a powerful hydragogue diuretic, and have employed in dropsies of cardiac origin.¹²

Being a non-nitrogenous substance, it is employed in pulmonary diet, as a nutrient in excessive gastric irritability. On account of its lesser liability to fermentation in the stomach it is preferable to cane-sugar for sweetening infant foods.¹²

Hahnemann chose globules of *Saccharum lactis* as the chief vehicle of his remedies, considering it the most inert substance. His method of attenuating remedies and experience shows that no substance is absolutely inert in any form especially in attenuations. H. A. Hare says that scientific and clinical studies have shown it to have great diuretic powers when given in full doses.⁸

Dr. Swan is the authority for *Saccharum lactis* as homeopathic remedy; publishing a full pathogenesis of it; proved in potencies from 30th upward; having confirmed, cured symptoms from eleven provers. Dr. Clark has bracketed the cured symptoms in his schema. Hahnemann esteemed it to be the nearest inert of all substances in crude state.⁸

In the potencies it is active and curatively reliable, even if the patient is using the crude form at the same time. Dr. Clark though in his Dictionary gives quite a resume of this remedy, but not as full and complete as done by Dr. Swan in his *Materia Medica*.⁸

W. Yingling repeatedly verified it as an important fatigue remedy in a case where a man, woman or child is completely fagged out by muscular work of any kind, too tired to eat or sleep, *Saccharum lactis* in a high potency will quickly and permanently removing the fatigue. It is used but little today in pellets, as cane sugar is used mostly.^{13,14}

Character of *Saccharum Lactis*

According to U.S.P., it is a white, odourless,

peculiar, hard, crystalline sugar, obtained from the whey of cow's milk by evaporation and purified by recrystallization yielding a white powder feeling gritty on the tongue, with a faintly sweetish taste. Soluble in about 6 parts of water at 15°C (59°F), and in 1 part of boiling water; insoluble in alcohol, ether, or chloroform. The aqueous solution of sugar of milk is neutral to litmus paper. Milk-sugar loses its water of crystallization, without melting, when heated to 130°C (266°F), leaving a white hygroscopic mass. High heat causes it to become yellow at 170°C (338°F) or above it is converted into lacto-caramel (C₆H₁₀O₅).¹²

Formula – C₁₂H₂₂O₁₁+H₂O.^{11,12}

Molecular weight – 359.16.¹²

Synonyms – Milk-sugar, Lactin, Lactose.¹²

Causation – Mental excitement, over-fatigue.⁸

Differentiating test between milk-sugar and cane-sugar (U.S.P.)

Sprinkling 1gm powdered sugar upon 5cc of cold sulphuric acid in a flat-bottomed capsule which may acquire greenish or reddish instead of brownish-black colour within half an hour suggesting absence of cane-sugar.¹²

Clinical uses

Amblyopia, Angina pectoris, Offensive body-odour, Diabetes, Dyspepsia, Earache, Gout, Headache, Hysteria, Soreness of labia, Nervousness, Neuralgia, affections of Ovaries, Over-exertion, Ptosis, Sciatica, Sighing, Sty, inflammation of Umbilicus.⁸

Symptoms^{8,9,10}

Sensations as if it is only by a great effort, one is kept together.

Loses way in well-known streets.

Very nervous, jumps from her seat at least noise. Great fear of death during paroxysms of pain in heart.

Sensitive in every part of body. Restless at night caused by itching all over body as soon as covered in bed.

Eyes ache and feel weak, tire very easily. Sight fails.

Lancinating, neuralgic pains in forehead; in occiput; extending from region above ears down through ears into muscles of neck; in both eyes; <by least breath of air.

Skin sensitive to touch as in inflammatory rheumatism. These pains were icy cold, as if produced by an extremely fine ice-cold needle. As *Saccharum lactis* has "fine cold pains" and pains passing in all directions, *Saccharum lactis* 1m was given, and relieved all the pains within an hour.

Faecal odour of body, or only hands; before stool, passing away after stool. Great soreness around anus, passing up rectum.

Heart symptoms are marked and peculiar.

Direct action on kidneys and its slight action elsewhere indicates it in renal dropsy and renal inactivity and cases where albuminuria is absent and that it causes profuse diuresis in infants fed on it. Dr. Clark has frequently given patients who could not take *Saccharum lactis* either unmedicated or as a vehicle without inconvenience.

Dr. Clark highlights the significance of cold pains, noting their passage as a fine line extending from the pubis to a point two or three inches above. Dr. Swan documented a case characterized by intensely cold neuralgic pain in the cartilage of both ears, particularly severe in the right ear, accompanied by sensations reminiscent of frostbite tingling. Despite difficulties, rubbing helped regain warmth in the affected areas.

In large doses, develops bacillus acidophils to rectify putrefactive intestinal conditions and constipation.

Modalities ✧ Symptoms < before a storm; in damp room or basement; morning and evening; by blue and yellow colours; exertion; mental excitement. > By warmth of fire; by red colour; after 4 p.m.

Relations ✧ Camphor <effects of *Saccharum lactis*

DISCUSSION AND CONCLUSION

Homoeopathically chosen medicine is the first best medicine to treat patients in a rapid, gentle, and permanent manner but there are times where physicians face difficulties in prescribing the similimum, there comes our second best remedy

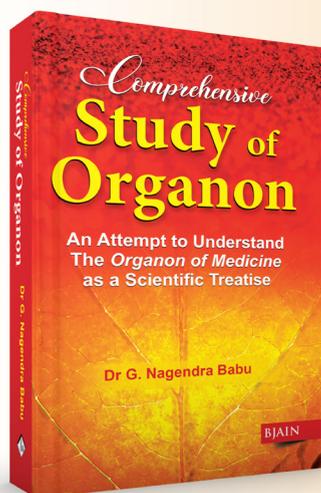
– Sac. Lac. This article strives to encourage young aspiring doctors and brush up the old physicians to continue the use of this marvellous agent to attain remarkable results where it is used both as a vehicle (Sac. Lac.), placebo and in potentised dynamic medicinal form (*Saccharum lactis*) which is lacking in previous articles.^{3,7}

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The Significance of Sac Lac in Homoeopathic Practice

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Keywords

Homoeopathy, Placebo, Sac Lac, Placebo effect.

Abstract

Sac Lac is an agent employed in medical practice with the primary aim of gratifying the patients. The agent employed is usually pharmacologically inert, at least in the dosage and form employed, and leads to certain effects on the individual. These effects are not determined by the known pharmacological properties, but it is the psychological states of the individual at the time of its administration that determines the effects produced by the Sac Lac.

Introduction^{2,3,4}

Sac Lac, or sugar of milk, is a substance commonly used in homeopathy as a neutral carrier for homeopathic remedies. It is considered inert, which means it does not have any medicinal effect by itself. However, it plays a crucial role in homeopathic practice.

Synonyms - Nihilinum, Placebo, Rubrum, Lactopen.

It is disaccharide in nature and the chemical formula $C_{12}H_{22}O_{11}H_2O$. Sac Lac is prepared

from Holland's goat's milk and purification is done by Stapf's process.

In Homoeopathy Sac Lac is commonly utilized in three distinct manners.

Used as Vehicles

Used as a non-medicated (placebo) substance.

Used in potentised form.

Uses of Sac Lac as Vehicles

Sac Lac is used for the preparation of triturations from mother substance, which is not soluble in liquid vehicle (e.g. ethyl alcohol).

It is used for preparation of potentised medicines in decimal form.

It is extensively used in boiochemic preparation.

It is devoid of fat and, as such, may be used as a temporary diet for children who cannot tolerate milk.

Uses of Sac Lac as a non-medicated (placebo) substance

Considerable literature has appeared recently in "Modern Medicine" about the value of the placebo both in therapeutics and in clinical investigation. It is now realized that many of

the effects so readily attributed in the past to all sorts of medication and practices could easily be explained as placebo-effects.

For a thousand years the action of the placebo has made a vast number of patients feel better; have we today produced a consultation in which the placebo does not act? (Thomas 1987:58)

The peculiar rules of Homoeopathic posology make it difficult for the Homoeopathic Physician to keep the patient 'going' unless he resorts to frequent and intelligent use of Sec Lac, varying it all the time so that the patient is kept pleased. Considerable tact is demanded of the physician who has to resort to it time and often. A slip here can prove more damaging than some Homoeopathic Physicians realise.

"Placebo is the Second best remedy in Materia Medica, without which no good Homoeopathist could long practice medicine" – S. Close.

The psychological impact aligns with human nature's vulnerabilities and idiosyncrasies. The old-fashioned "bread pill" has been replaced, as science advances, by a more refined powder of pristine white, lactose; or by the charming small bottle of sugar pellets or tablets, neatly labeled and given with detailed instructions regarding the proper pill count per dose and the specific times for consumption, along with optimistic promises of the beneficial outcomes anticipated from adhering to the guidelines.

Hahnemann's view on Placebo¹

§ 91 (5th edition) - The symptoms and feelings of the patient during a previous course of medicine do not furnish the pure picture of the disease; but on the other hand, those symptoms and ailments which he suffered from before the use of the medicines, or after they had been discontinued for several days, give the true fundamental idea of the original form of the disease, and these especially the physician must take note of. When the disease is of a chronic character, and the patient has been taking medicine up to the time he is seen, the physician may with advantage leave him some days quite without medicine, or in the meantime

administer something of an unmedicinal nature and defer to a subsequent period the more precise scrutiny of the morbid symptoms, in order to be able to grasp in their purity the permanent uncontaminated symptoms of the old affection and to form a faithful picture of the disease.

§96 Footnote (5th edition) - A pure fabrication of symptoms and sufferings will never be met with in hypochondriacs, even in the most impatient of them - a comparison of the sufferings they complain of at various times when the physician gives them nothing at all, or something quite unmedicinal.

§ 281 (6th edition) - In order to be convinced of this, the patient is left without any medicine for eight, ten or fifteen days, meanwhile giving him only some powders of sugar of milk.

This secondary remedy serves as an adjunct to the primary treatment. Historical evidence supports Hahnemann's guidance to discontinue the remedy once recovery signals emerge, permitting the healing response to proceed unimpeded by additional dosing for as long as possible. This applies particularly to scenarios involving continuous dosing from the start. Should you opt to halt treatment upon observing progress, replace the remedy with saccharum lactis and monitor the patient's condition.

Some significant applications of Sac Lac as placebo²

Psychological Effects- Both in acute or chronic diseases, when a well-selected medicine continues its action, we should not disturb the case. During this period, we have to give Sac-lac to keep the action of the medicine undisturbed. At the same time the patient also knows that he is taking medicine.

Over-drugging - When a patient comes to us after being over-drugged from an allopathic or homoeopathic system, generally it is found that the case does not give any clear indication of the totality of symptoms. Here, we should prescribe Sac Lac at least on our first visit. In this time, the vital force can annihilate the medicinal symptoms

due to over-drugging and we will get the true picture of the disease.

In Homoeopathic Aggravation - Most medicines start their action with Homoeopathic Aggravation. Amidst this exacerbation, the Patients hastened to seek medical attention, somewhat perturbed by the intensification of their symptoms. In these circumstances, no medicine should be administered to the patient. But, for the satisfaction of the patients, The Physicians should prescribe non-medicated substances because this type of aggravation subsides within a few hours to days.

In Slow-acting medicines- In Homoeopathy, some medicines started their action after some time period. If it is found after reviewing the case that the selection of the remedy is correct, then we have nothing to do but to wait and allow the medicine to complete its action. During this period, we should give non-medicated substances as we should not disturb them hurriedly.

In Homoeopathy, (especially the case of Chronic disease), we give a minimum quantity of medicine depending upon the susceptibility of the Patient. So if we give only 2-4 doses of medicines to any patient and ask to come after a particular time, most of the time the patient will be satisfied with the minimum dose (although this minimum dose is crucial for treatment). At that time we can prescribe Sac Lac along with the medicine.

Placebo may be given to patients who have imaginary illnesses or in Hypochondriac patients.

In cases of menstrual disorders, it is preferred to give a minimal dose of the constitutional remedy to observe its impact on the subsequent cycle. However, few patients are willing to permit this approach unless they are acquainted with the tenets of Homeopathic practice. The use of a placebo aligns with the common desire among patients for extended medication.

Uses of Sac Lac In Potentised form⁵

Hahnemann selected lactose as the primary medium for his medicinal preparations, believing it to be the most inactive material available. However, his technique of attinuting remedies

demonstrated that substances retain activity even at high dilutions. Practical observations confirm that all substances possess some degree of activity, regardless of their form. H. A. Hare says of Sac. lac "Scientific and clinical studies have shown it to be possessed of very great diuretic powers when given in full doses. He further added that its direct action on the kidneys and its slight action elsewhere indicate it in renal dropsy and renal inactivity; that it acts best in cases where albuminuria is absent, and that it causes profuse diuresis in infants fed on it. In Homoeopathic materia medica symptoms are recored after drug proving of Saccharum Lactis. Clinically it is widely used in case of gastric derangements, amblyopia, angina, neurological disorder etc. but according to symptoms similarity and totality of symptoms.

CONCLUSION

In conclusion, the use of Saccharum Lactis, or Sac lac, in homeopathic practice is a testament to the gentle yet profound principles of homeopathy. As a carrier for homeopathic remedies and a non-medicated substance under specific conditions, Sac lac also possesses its own healing qualities when potentized. The beneficial results linked to Sac lac highlight homeopathy's delicate equilibrium between the remedy and the symptom, and the minimal dosage for maximal therapeutic benefit. This harmonizes with homeopathy's foundational principle of 'similia similibus curentur,' suggesting that even substances that appear inactive can significantly influence health if used with careful consideration and precision within the homeopathic paradigm.

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“Sac lac” The use and significance in homoeopathic practice

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Keywords

Placebo, Remedy, Patient, Disease, Treatment, Aggravation, RCT.

Abstract

Sac lac use in the terms of placebo, Nihilinum, Phytum, Rubrum and Lactopen.

According to Stuart close “Placebo” is the second-best remedy in homoeopathy. *“The young homoeopath’s best friend, the old doctor’s reliance and a very present help in time of trouble!”* In our daily OPD/ Clinical practice many conditions arise which force us to prescribe placebo. Homoeopaths use placebo as a weapon. Starting from the case taking and with the end of the treatment we need Placebo. Many cases demand placebo like hypochondriac patients, artificial chronic disease, pseudo chronic disease, mental disease and idiosyncratic patients. In some cases it also acts as Moral remedy. We need the placebo for research level also like in RCT, where placebo plays a vital role.

Introduction

The word placebo arises from the latin word *placere*, which means “to please”; “I shall please,” is as old as medicine itself. Placebo may be used in the form of globules, Cones, tablets, sugar of milk powders, purified water, dispensing alcohol, Rectified spirit(RS) . Saccharum Lactis is also known as sac-lac or lactose globules, and holds a significant place in the practice of homeopathy. It serves as the carrier medium

for homeopathic remedies and plays a crucial role in their administration. Understanding the use and significance of Sac-lac in homeopathy requires exploring its composition, preparation, and therapeutic implications. Sac lac primarily consists of lactose, a natural sugar derived from milk. This substance is chosen for its inert nature, allowing it to act as a neutral carrier for the active homeopathic remedy. To prepare Sac-lac, lactose is triturated (ground) with successive dilutions in alcohol and water. This process is repeated until the desired potency is achieved, creating a potentized form of lactose that retains the energetic imprint of the original remedy.

Best remedy- Dr. Stuart close said that in order to fully appreciate the value of the second- best remedy we must understand about the best remedy first. It is the indicated remedy, the best remedy must be given time to act, and that its action must not be interfered with by other drugs or influences until it has accomplished all of which it is capable of.

- The traditional “bread pill” of our medical ancestors has given place, in the march of scientific progress, to the more elegant powder of virginal white, pure sugar of milk; or to the seductive little vial of sugar pills or tablets, artistically labelled and bestowed with impressive directions as to the exact number of pills for a dose and the precise hours of taking, with confident assurances of the happy effects to be expected, if directions are faithfully followed!

In aphorism -91 (long term use of homoeopathic

remedy in case of chronic disease/ over drugging), 96 (Hypochondriac patient), 117 (in case of Idiosyncrasy), 150 (Indisposition), 281, 6th edition(“In order to be convinced of this, the patient is left without any medicine for eight, ten or fifteen days, meanwhile giving him only some powders of sugar of milk”.)

Use and Significance of placebo/Sac-lac

- **Carrier Medium:** Sac-lac acts as a carrier medium for homeopathic remedies, providing a stable and neutral base for the potentized medicines. It ensures uniform distribution and dispersion of the remedy’s energetic properties, facilitating accurate dosage and administration.
- **Vehicle for Dispensing:** Sac-lac is commonly used in the preparation of homeopathic remedies in various forms, including pellets, tablets, powders, and liquid dilutions. Its versatility allows for convenient dispensing and administration of homeopathic medicines to patients of all ages.
- **Preservation of Potency:** Sac-lac aids in preserving the potency of homeopathic remedies over time. Its inert nature prevents deterioration or degradation of the energetic qualities of the medicines, ensuring their long-term effectiveness.
- **Patient Compliance:** The use of Sac-lac-based preparations enhances patient compliance with homeopathic treatment regimens. Its neutral taste and easy administration make it more palatable and acceptable to patients, thereby improving adherence to prescribed protocols.
- **Psychological value-** to proportionate with the mental and physical peculiarities of human nature.
- **In difficult cases having less time-** you are not able to decide off-hand what remedy is indicated. You must have time and opportunity to study it up. The patient and friends want something done at once. This patient is seriously ill. To make a mistake in the first prescription might be fatal,
- **As a supplement to the indicated remedy-** The remedy should be stopped as soon as signs of improvement appear, and the curative reaction be allowed to go on without further repetition of doses as long as it will. This, of course, refers to the cases where repeated doses are given from the beginning. When improvement begins and you desire to cease medication, you will simply substitute sac. Lac. For the remedy and watch your case.
- **§91-**In case of chronic disease when the patient is taking medicine for a long time till he is seen, after being over drugged by medicines in that cases placebo can be used for some days in order to get the true picture of disease.
- **In case of homoeopathic aggravation.**
- **In a state of confusion-** when a patient gives lots of symptoms that are scattered.
- **Sac. Lac. Powders** to last during the interval between visits, or a vial of blank tablets or pellets; but be sure to moisten the tablets and pellets with alcohol, or put some unmedicated pellets in the sac lac. Powders.
- **The indispositions and habit disorders-** that the “second best remedy in the *Materia medica*” so often comes into use.
- **The use of placebo** is simply one form, and a very powerful form of therapeutic suggestion; or, to use the still more recent term, psychotherapy. In the habitual, systematic and judicious use of the harmless little powder of sac. Lac. The homoeopathist antedated all the modern cults of drugless healing, and even they have devised no more powerful nor efficient measure.
- **§96-Fn 5th edition-** “A pure fabrication of symptoms and sufferings will never be met with in hypochondriacs, even in the most impatient of them - a comparison of the sufferings they complain of at various times when the physician gives them nothing at all, or something quite unmedicinal, proves this plainly”.
- **Therapeutic Applications:**
- **Homeopathic medicines prepared with Sac-lac** have a wide range of therapeutic applications

across various health conditions. From acute ailments like colds, fevers, and injuries to chronic diseases such as arthritis, allergies, and anxiety disorders, Sac-lac-based remedies offer gentle and effective treatment options. Moreover, Sac-lac is well-suited for sensitive individuals, including infants, pregnant women, and the elderly, owing to its gentle yet potentizing properties.

CONCLUSION

Sac-lac plays a pivotal role in homeopathy, serving as a fundamental component in the preparation and administration of potentized medicines. Its inert nature, excellent absorptive qualities, and therapeutic efficacy make it an indispensable tool

for homeopathic practitioners worldwide. By understanding the use and significance of Sac-lac, both practitioners and patients can appreciate its role in facilitating gentle, holistic healing in accordance with the principles of homeopathy.

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Dr Abhilasha Bhati

Saccharum Lactis: A Boon For Homoeopathy

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Keywords

saccharum lactis, homoeopathy, vehicle , placebo , placebo effect

Abbreviation

Sac. lac.

Abstract

Saccharum lactis abbreviated as Sac. lac. is one of the most used vehicles in homoeopathic practice, as it is therapeutically inert, it is often used as a form of placebo in homoeopathy. It has also been potentised and proved as a remedy. This article focuses on the various ways that sac lac is utilized in homoeopathy and how each application is advantageous for homoeopathic practice.

Introduction

Saccharum lactis As A Vehicle

In homoeopathic treatment, vehicles are compounds that are therapeutically inert and chemically neutral, with the purpose of securely transporting a drug's dynamic properties inside the human body. Saccharum Lactis is a type of solid or dry vehicle. Saccharum means sugar and lactis means milk, prepared from goat's milk so it is also called the sugar of milk. Its characteristics include a firm, crystalline mass that is odorless, milky white in color, and slightly sweet to the taste. Additional applications for sac lac production of triturations from mother substances that are insoluble in liquid media (alcohol and purified water). It is widely employed in biochemical preparations, for the preparation of potentised medications in

decimal potency , to make mother powders. It is devoid of fat and can be given to babies who are unable to take milk as a temporary diet.^{1,2}

Saccharum lactis as Placebo

The word "Placebo" means a substance given to someone who is told that is a particular medicine, either to make that person feel as if they are getting better or to compare the effect of the particular medicine when given to others.³ It has originated from the latin word placere which means to please. Examples of placebo interventions include sugar pills, saline injections, and therapeutic rituals. According to Stuart Close it is the second best remedy, without which no good homoeopathist could practice medicine. Its technical name is saccharum lactis officinalis; abbreviated Sac. lac. The young homoeopath's best friend and the old doctor's reliance and a very present help in time of trouble!

The placebo effect is a fascinating phenomenon, when a patient receives an inert medicine or intervention and experiences an improvement in the symptoms, due to their belief in its therapeutic powers. It draws attention to the intricate connection that exists between the mind and body and emphasizes the role that psychological aspects play in the healing process. It is the patient's psychological state at the moment of administration that determines the effects produced by the placebo, not the substance's established pharmacological characteristics, that dictates the effects of the placebo.^{4,5,6}

Hahnemann in aphorism 91 states, when the disease is of chronic character and the patient has

been taking medicine up to the time he is seen, the physician can leave him some days quite without medicine or meantime can administer something of an unmedicinal nature .

In footnote to Aphorism 96

In case of hypochondriacs, when pure fabrication of symptoms comes, Hahnemann advises the physician “gives them nothing at all, or something quite unmedicinal”

In Aphorism 281, Hahnemann states that when the improvement begins, in order to be convinced of this, the patient is left without any medicine for eight, ten, fifteen days, meanwhile giving him only some powders of sugar of milk ⁶

Saccharum lactis as a Proved remedy ⁷

Dr. Samuel Swan introduced *Saccharum lactis* as a homoeopathic remedy many years ago. He has published a full pathogenesis of sac lac, proved in the potencies from 30th upward, together with confirmed and cured symptoms. Eleven provers and observers contributed. Dr. Swan regards cold pains as a keynote .

Causation-Mental excitement,Over-fatigue.

Mind: Extremely nervous, jumps from her seat at least unusual noise.–Was taken suddenly with fear and trembling of whole body, as from fright.–Longing and melancholy as if homesick, with oppressed breathing.–Her heart aches as if it would burst, yet she cannot weep.

Physical symptoms

(THE CURED SYMPTOMS IN BRACKETS AS MENTIONED BY CLARKE IN CLARKES MATERIA MEDICA)

Darting, shooting pain, centred in about middle of r. cheek, extending thence up to eye, esp. r. inner canthus, to ear, and up into r. temple, most severe at centre of cheek, considerably decreasing the further it extends from the centre.

Swelling of face with pain in head extending down neck and back to feet. Sensation of coolness as of ice in mouth and throat.

Involuntary urination in large quantities several times during night. Delay of urination for some time, though desire and opportunity occur.

Inflammation and awful pain extending down the whole trunk of r. sciatic nerve.

Pain like gout in r. toe, sometimes slight pains upwards in r. limb; toe will not bear contact of any shoe; pain always the same standing, walking, or lying down; continued exercise < it.

Short flying, darting stitches in different parts of body, quite painful, but bearable, appearing in head, ears, and face, as well as in extremities, not confined to any especial locality.

Great physical exhaustion, caused by overwork, completely relieved; repeatedly verified by Swan and others.

CONCLUSION

This article showcase, Sac lac in non dynamised form is used as a vehicle , it has been used as placebo by our stalwarts since ages, with Stuart Close giving particular emphasis on it. In dynamised form it is used as a homoeopathic remedy which is mentioned in homoeopathic literature, though its use is not very common, its therapeutic utility can be explored more and further clinically verified.

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Saccharum lactis: The great medicinal power of the so called Homoeopathic Placebo

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Keywords

Saccharum lactis, disaccharide, placebo, vehicle, attenuation.

Abstract

Lactose, a disaccharide found in different concentrations in the milk of mammals and is often called milk sugar. *Saccharum* means 'sugar' and '*lactis*' means 'milk'. The main purpose of this review is to investigate this sugar comprehensively and understand its medicinal properties. In Homoeopathy *Saccharum lactis* is known as a vehicle and as a placebo. Vehicle is a substance which can carry dynamic properties of a substance without interfering with its action, being harmless, edible, therapeutically inert and chemically neutral. Placebo is defined as low doses of drug which is ineffective, given the severity of the disease where the main concern is not what to prescribe but how to fulfil the patient's desire for a remedy. As Dr. Samuel Hahnemann's method of attenuating remedies had shown that no substance is inert in attenuations, "*that no substance is absolutely inert in any form*" that is where the idea of understanding the medicinal property of *Saccharum lactis* arises where some of the great pioneers attenuated and administered it to understand the dynamic power of the so-called homoeopathic placebo.

Introduction

Lactose is a disaccharide derived from the condensation of galactose and glucose, which form a β -1 \rightarrow 4 glycosidic linkage. Systematic name of lactose is β -D-galactopyranosyl-(1 \rightarrow 4)-D-glucose. Its chemical formula is $C_{12}H_{22}O_{12} \cdot H_2O$ and the molecular weight is 360.3. Dr. Hahnemann chose globules of *Saccharum lactis* as the chief vehicle of his remedies, because he considered it the most inert substance he could find but as the theory states no substance is absolutely inert, H. A. Hare says of *Sac. l.*: "Scientific and clinical studies have shown it to be possessed of very great diuretic powers when given in full doses." He says further, that its direct action on the kidneys and its slight action elsewhere indicates it in renal dropsy and renal inactivity, it acts best in cases where albuminuria is absent, and it causes profuse diuresis in infants fed on it thus building up curiosity in stalwarts to proceed with the drug proving to understand its dynamic power.

Pharmaceutical grade lactose

The purest form of lactose has always been used by the pharmaceutical industry as an excipient which is defined as a pharmacologically inactive substance used to bulk up formulations that contain very potent active ingredients and for this

purpose it must be purified to pharmaceutical grade. It is of four types- Milled grade lactose, sifted grade lactose, Anhydrous lactose, Spray-dried lactose. The two most important forms for tablet preparation are spray-dried lactose and anhydrous lactose as these forms have the key property that they are inherently compactable under compression. Tablets made from anhydrous lactose show fast disintegration, good friability and practically no sticking, binding and capping while spray dried lactose has improved compressional and good flow properties so the tablets made from spray dried lactose generally show better physical stability.

Preparation of sugar of milk in Homoeopathy

In homoeopathy, sugar of milk is prepared preferably from goat's milk as it contains proteins, fats, carbohydrates, minerals, salts and water. Fresh goat's milk is skimmed, which removes most of the fat which is then treated with dilute Hydrochloric acid to precipitate casein. Casein is filtered and whey is remained which is adjusted to a pH of 6.2 by adding lime and then it is heated for coagulating the remaining albuminous matter and once again filtered. The filtrate is concentrated in vacuum pans, where crude milk sugar crystallises out and redissolved in purified water and decolourised with 'animal charcoal' and this solution is recrystallised, and the crystals thus obtained is 'commercial lactose'.

Proving of Saccharum lactis

Swan is the authority for Saccharum lactis as a homoeopathic remedy. He has published a full pathogenesis of Saccharum lactis, proved in potencies from 30th upward, together with confirmed and cured symptoms. Eleven provers and observers contributed to the proving. Clinical conditions include amblyopia, angina pectoris, diabetes, dyspepsia, earache, gout, headache, hysteria, nervousness, neuralgia, ovarian disorders, ptosis, sciatica, styes, and umbilicus inflammation. Cold pain is a keynote and pains as if from an ice-cold needle. Saccharum lactis as

a medicine is also observed in "Sensations as if- A Repertory of Subjective Symptoms" by Herbert A. Roberts, M.D. under the section mind and sensorium, head, eyes and vision, throat, face and jaw, mouth, tongue, taste, teeth, gums, stomach, abdomen, rectum, anus and stool. Thus while administering Saccharum lactis as a placebo, one need to keep in mind its medicinal properties and its action on the individual.

CONCLUSION

Saccharum lactis or lactose is the principal milk sugar, and it is often employed in the form of vehicle and as a placebo due to its inert nature. Given its versatility, this sugar finds its way as a medicinal substance when attenuated. A comprehensive scientific literature about its dynamic action is still unexplored. In this context, a deeper insight is required to provide information regarding its application other than a vehicle and placebo. The main indications of Saccharum lactis according to different Materia medica were reviewed. Given the implication of it as a medicine, there is a need to study further by conducting research trials, as its immediate and clear identification is essential.

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Sac-Lac : The Utility and Significance in Homeopathic Practice

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Keywords

Sac Lac, Remedy, Placebo, Significance, Homeopathy

Abstract

In order to stimulate the body's natural healing processes, homeopathy, a holistic medical system developed by Samuel Hahnemann in the late 18th century, relies on the ideas of "like cures like" and minimal doses. The preparation of remedies through the potentization process, which includes dilution and succussion (vigorous shaking), is at the core of homeopathy. Sac-Lac, a term derived from "saccharum lactis," the Latin names for sugar and lactose, respectively, is one of the essential ingredients used in this process. Sac Lac is the second-best remedy in Homoeopathy. It appears to be straightforward, but it is an essential component of the complex art of homeopathy.¹

Introduction

Homeopathic remedies are often not made from the original substance that exactly matches the symptoms of a given illness during the potentization process. In many instances, substances unrelated to the illness are used as the initial raw material. Herein lies the role that Sac-Lac plays. Sac-Lac, which is essentially a form of sugar called lactose, acts as a neutral base for the potentization procedure.

Sac-Lac is used as a base because of the theory that dilution and succussion can cause the energetic or

vibrational imprint of the original substance to be transferred to the solvent.

Sac Lac also known as 'Placebo' is originated from Latin word 'Placere' which means 'to please'. It is the second-best remedy without which no good homoeopathist could long practice medicine.²

Homeopathy and Placebo

Homoeopathy is still widely thought to be a placebo. They must be surprised that, in contrast to the majority of his contemporaries, Hahnemann was already aware of the phenomena that we now refer to as the placebo effect. First, he made a clear distinction between pharmaceuticals that he correctly identified as sham medicine, such as milk sugar, and homoeopathic medicines that are delivered in accordance with the law of similars, or *similia similibus*. Secondly, to the best of our knowledge, he was the first physician to consistently employ a single blinded therapeutic approach.³

Aphorism 91 by Hahnemann indicates that when a patient has been taking medication for a chronic illness and medication until his visit, the doctor may decide to keep him without medication for a few days, or can provide non-pharmaceutical treatment in the meantime.¹

Aphorism 281 asserts that once the improvement starts, the patient must be left without medication for eight, ten, or fifteen days, providing him with nothing but sugar powder of milk in meantime.⁴ Between 1833 and 1835, a majority of Dr.

Hahnemann's prescriptions (54%) were of placebos.⁵

As noted in his case journals, Dr. Hahnemann's primary motivation for administering a placebo was to appease the impatient patient, who was accustomed to taking drugs frequently—daily, sometimes even hourly—in allopathic therapy.⁶

Uses of sac lac in Homeopathy

Sac-Lac, also known as saccharum lactis or lactose, holds a significant place in the practice of homeopathy. Despite being an inert substance, it plays a crucial role in the preparation of homeopathic remedies through the process of potentization. Here are some important uses of Sac-Lac in homeopathy:

Neutral Base for Remedies - Sac-Lac serves as a neutral and inert starting material for the potentization process. In cases where the original substance directly related to a particular ailment is unavailable or impractical to use, Sac-Lac acts as a blank canvas onto which the energetic imprint of the original substance can be transferred.

Carrier of Energetic Information: Homeopathy operates on the belief that the energetic or vibrational properties of a substance can be imprinted onto the solvent (Sac-Lac in this case) through the process of dilution and succussion. The energetic essence of the original substance is believed to be retained in the remedy, even as the physical presence of the substance diminishes through dilution.

Dilution and Succussion Medium: During the potentization process, Sac-Lac is subjected to a series of dilutions and succussions. These steps are thought to enhance the remedy's healing potential by increasing its energetic potency while reducing any potential for adverse effects that might arise from the original substance's material presence.

Addressing Sensitivities and Allergies: Some patients might be sensitive or allergic to the original substances used in homeopathic remedies. In such cases, Sac-Lac-based remedies offer a safer alternative. These remedies can still carry the energetic essence of the intended substance

without the risk of causing adverse reactions in sensitive individuals.

Customized Prescribing: Homeopathy emphasizes individualization in treatment. Practitioners carefully select remedies based on the patient's unique symptoms, constitution, and overall health. Sac-Lac-based remedies allow for precise customization without concerns about allergies, sensitivities, or potential interactions with other substances.

Supporting the Vital Force: Homeopathy is based on the concept of the vital force, an innate energy that maintains health and enables the body to heal itself. Sac-Lac remedies are believed to interact with the vital force at a deep, subtle level, triggering a healing response that goes beyond the physical symptoms.

Minimalistic and Gentle Approach: Homeopathic remedies, including those prepared using Sac-Lac, adhere to the principle of using the minimum dose necessary to stimulate the body's healing response. This gentle approach is in line with the holistic philosophy of homeopathy, aiming to restore overall well-being rather than just addressing specific symptoms.

Long Shelf Life and Stability: Sac-Lac-based remedies have the advantage of longer shelf lives and increased stability compared to remedies made from substances that might degrade over time. This characteristic makes them convenient for storage and use over extended periods.^(7,1)

Use and Significance of Sac Lac in Homeopathic Practice

1. **When improvement begins:** When the condition starts to improve, the prescription medication must be stopped. Until another dose of the same medication or another medication is needed, the medicine that is suggested here may be replaced by a placebo.⁸

2. **Reduced anxiety:** It may be calming to take the placebo and hope for better, as this would lower the amounts of stress-related chemicals and hormones the body produces, such as adrenaline.⁹

3. **A change in behavior:** The placebo might make

someone more motivated, which is crucial for improving self-care. The symptom relief they are experiencing could be attributed to better nutrition, consistent exercise, or rest.¹⁰

4. The brain and the placebo effect: Functional MRI during placebo analgesia reveals certain brain regions are activated. Elevated dopamine responses are correlated with it.¹¹

Because the neurological reaction in the body governs the placebo effect, these treatments are most effective for neurological diseases like pain, irritable bowel syndrome, depression, and Parkinson's disease.¹²

Wait and watch is required in cases of homeopathic aggravation, when the patient reports feeling better mentally despite worsening symptoms.¹³

Any kind of drug at this point will undermine the argument; a placebo may be recommended in its place.¹⁴

When homeopathic aggravation by LM potency occurs, the patient may just be given powdered milk sugar while the remaining medication symptoms go away within a few days following the conclusion of treatment.⁴

Long intervals between doses of the antipsoric medication are recommended, and to make up for any missed doses, milk sugar can be administered daily at the regular time and in the regular way¹⁵ such as discomfort, IBS, depression, and Parkinson's disease¹⁶

CONCLUSION

It's important to note that while Sac-Lac-based remedies are a fundamental aspect of homeopathy, their efficacy and mechanism of action remain subjects of debate and ongoing research. Homeopathy operates in a unique paradigm that challenges conventional understandings of medicine, emphasizing the holistic interplay of mind, body, and spirit. As such, the uses of Sac-Lac in homeopathy highlight the intricate and multifaceted nature of this alternative healing approach.

In conclusion, Sac-Lac, or the use of lactose

as a neutral starting point in homeopathic potentization, highlights the unique and intricate nature of homeopathy. While the scientific basis of homeopathy remains a subject of ongoing exploration and discussion, its impact on patient well-being cannot be dismissed outright. Whether viewed through the lens of tradition or skepticism, the practice of homeopathy continues to shape the medical landscape, offering an alternative perspective on healing and wellness.

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Sapoharaon: The Use & Significance in Homoeopathic Practice

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Keywords

Triturations, Placebo, Dispensing medications, Mother powders

Abstract

Sac lac, also known as sugar of milk, serves various purposes across different domains. It's commonly used for triturations, especially when dealing with substances that do not dissolve in liquid carriers such as water and alcohol. In the realm of biochemic preparations, sac lac is valued for its compatibility with other substances. Moreover, it plays a crucial role in crafting potentized medicines, particularly those prepared at decimal potency levels. Within the context of Materia Medica, sac lac functions as a placebo and is often considered the second-best remedy by practitioners. Pharmaceutically, it finds application in dispensing medications, providing a stable medium for drug delivery. In the field of homeopathy, sac lac is integral to the production of mother powders, which are subsequently used in various dilutions. Additionally, its fat-free composition makes sac lac suitable as a temporary dietary alternative for infants who are intolerant to milk, offering a gentle solution.

Introduction

"In homeopathy, Sac lac is often referred to by its technical name, Saccharum Lactic Officinalis, abbreviated as Sac Lac or SL. Essentially, it's a plain sugar of milk.

Etymology: "Sapoharaon" means "sugar" and "lartes" means "milk"

Source: It is prepared from goat's milk

Chemical nature: It is disaccharide.

Pure 1 unit beta-galactose + 1 unit Levo-glucose = SAC LAC

Chemical formula: C₁₂H₂₂O₁₂H₂O

The Utilities and Implication of Sac Lac

Sac Lac As A Vehicle

Vehicle means 'transmission' or 'conveyance'. Vehicles are those substances which are almost chemically neutral (neither acidic nor alkaline), therapeutically inert, having no medicinal property of their own (or if there is any that is negligible) but they are intended to carry the dynamic powers of a drug safely to the interior of the human organism to fight the disease force. They are the medium for purification, preparation, preservation, internal administrations either by oral or olfaction route, and external application as the case may be.

Although there are so many types of vehicles available, we use Sugar of milk instead of other solid vehicles (pallets, globules, cones, tablets) for the purpose of trituration because sugar of milk is the best crystalline substance, scentless, gritty to touch. Faintly sweet. It has been found by experiment that it is quite competent to ground down to an inconceivably fine powder, the particles of such mineral substances which are insoluble either in purified water or in alcohol.

Sac Lac As Placebo

"**Placebo**" originates from the Latin word meaning "I shall please" or "I please." Placebos in homeopathic practice come in various forms such as sugar of milk, cane sugar globules or tablets, cones, or even alcohol.

Hahnemannian view regarding placebo:

Sec. 91 (5th edition of Organon)

When the disease is of chronic character and the patient has been taking medicine up to the time he is seen, the physician may with advantage leave him some days quite without medicine, or in the meantime administer something of an unmedicinal nature

Sec. 96 (5th edition of Organon)

“A pure fabrication of symptoms and sufferings will never be met with in hypochondriacs, even in the most impatient of them, a comparison of the sufferings they complain of at various times when the physician gives them nothing at all, or something quite unmedicinal.”

Sec. 281 (6th edition of Organon)

“In order to be convinced of this, the patient is left without any medicine for eight to fifteen days, meanwhile giving him only some powders of sugar of milk.”

Sac lac, by the great homeopath, Stuart Close, is considered the second best remedy in homeopathy, essential for every good homeopath. It's a trusted aid for both young and experienced doctors, often relied upon as a “very present help in times of trouble.”

Sac Lac In Therapeutic Role

Hahnemann opted for globules of Saccharum lactis as the primary carrier for his remedies due to his belief in its inert nature. However, through his method of attenuating remedies, he discovered that no substance remains inert in attenuations. Experience has reinforced this understanding, showing that no substance is truly inert in any form.

H. A. Hare says of Sac. Lac.: “Scientific and clinical studies have shown it to be possessed of very great diuretic powers when given in full doses.” He says further, that its direct action on the kidneys and its slight action elsewhere indicate it in renal dropsy and renal inactivity; that it acts best in cases where albuminuria is absent, and that it causes profuse diuresis in infants fed on it. I have frequently met with patients who could not take Sac. L. either unmedicated or as a vehicle without inconvenience. One patient when taking pilules of Sac. L. three times a day complained that they made his “eyes ache and feel weak.” One of Swan's provers had this symptom: “Sight fails; eyes tire very easily.” Swan is the authority

for Sac. L. as a homoeopathic remedy. He has published (Materia Medica) a full pathogenesis of Sac. L., proved in the potencies from 30th upward, together with confirmed and cured symptoms. Eleven provers and observers contributed. I have bracketed the cured symptoms in my Schema. Sac. L. causes sensations of both coldness and heat. One of the cold sensations is this: “Sensation of extreme cold passing in a fine line from centre of pubes to a point two or three inches above.” Swan regards cold pains as a keynote, and records this case: Mr. S. had an excessively cold neuralgic pain in cartilage of both ears, the right being the worst, with tingling as if frost-bitten; rubbing with difficulty restored the warmth. Lancinating, neuralgic pains in forehead; in occiput; extending from region above ears down through ears into muscles of neck; in both eyes; < by least breath of air; skin sensitive to touch as in inflammatory rheumatism. These pains were icy cold, as if produced by an extremely fine ice-cold needle. As Sac. L. has “fine cold pains” and pains passing in all directions, Sac. L. 1m was given, and relieved all the pains within an hour. (Sac. Off. Has “cold expectoration.”) The symptoms are < before a storm; in damp room or basement; morning and evening; by blue and yellow colors; exertion; mental excitement. > By warmth of fire; by red color; after 4 p.m.

Conclusion

In essence, sac lac serves numerous roles, from triturations to medication dispensing, highlighting its versatility and significance in Homoeopathic practices. Sac Lac, with its broad applications, plays a pivotal role across various disciplines and underscores its importance as a valuable ingredient in offering a safe, gentle and a holistic approach in providing ideal alternatives to conventional medications without any adverse effects.

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The Enduring Allure of Placebo: Unveiling the Mind-Body Connection in Modern Medicine

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Keywords

Placebo effect, homoeopathy, nocebo effect, doctor-patient relationship

Abstract

The placebo effect, a seemingly inert intervention that elicits genuine clinical improvement, has captivated medical practitioners for centuries. This review delves into the multifaceted nature of placebo, exploring its historical roots, intricate biological mechanisms, and therapeutic applications across various medical disciplines. By integrating insights from psychology, neuro biology, and clinical research, we aim to illuminate the enduring allure of placebo in modern medicine.

Abbreviations

IBS- Irritable Bowel Syndrome, functional magnetic resonance imaging -fMRI

Introduction

The human quest to alleviate suffering has fueled the evolution of medicine since its nascent stages. From ancient incantations to the advent of powerful pharmaceuticals, various therapeutic interventions have emerged, each promising a path towards recovery. However, nestled amidst this tapestry of active treatments lies a curious phenomenon - the placebo effect. Defined as a sham treatment that demonstrably improves a patient's condition, the placebo effect challenges our traditional understanding of how medicine works. It compels us to acknowledge the profound in-

fluence of the mind-body connection in shaping health outcomes.

We delve into the intriguing relationship between placebo and homoeopathy, where placebo finds a specific role within the homoeopathic treatment framework.

Placebo Response Rates

- **Individual Variability:** A growing area of research focuses on understanding individual differences in placebo response. Factors like personality traits, genetics, and past treatment experiences can influence how strongly someone responds to a placebo. ⁽¹⁾
- **Power of Rituals:** Recent studies suggest that the ritualistic aspects of treatment, such as taking a pill or receiving an injection, can contribute to the placebo effect, even if the substance is inert. ⁽²⁾

Placebo Effects on Specific Conditions

Irritable Bowel Syndrome (IBS): A 2023 meta-analysis found that placebo

interventions were moderately effective in reducing IBS symptoms, highlighting the mind-gut connection. ⁽³⁾

Anxiety Disorders: Emerging research indicates that placebo can be effective in managing anxiety symptoms, although the specific mechanisms remain under investigation. ⁽⁴⁾

- **Depression:** Studies have shown that placebo

can improve symptoms of depression, highlighting the interplay between psychological factors and mood regulation.⁽⁵⁾

- **Chronic Pain:** Studies continue to explore the effectiveness of placebo in chronic pain management. A 2021 review suggests that placebo can be helpful, but its long-term effects require further study.⁽⁵⁾
- **Parkinson's Disease:** Studies indicate that placebo can improve motor function in some Parkinson's patients, possibly by stimulating the release of dopamine in the brain.⁽⁵⁾
- Studies show that placebos can help with urinary incontinence and symptoms of enlarged prostate (benign prostatic hypertrophy). However, for severe cases, medications called alpha-blockers are more effective. Additionally, research on fibromyalgia indicates that placebo can explain up to 45% of the pain improvement seen in people taking medications for this condition.⁽⁵⁾

A change in behaviour: The placebo may increase a person's motivation that plays an important role to take better care of themselves. Improved diet, regular exercise or rest may be responsible for the easing of their symptoms.⁽⁶⁾

- Placebo effect has been observed in many symptoms typical of psychosomatic medicine, in psychiatry and in both surgical and non-surgical pain.⁽⁵⁾
- The placebo effect can occur in paediatrics directly in children or through their parents and relatives, the latter being called *placebo by proxy*.⁽⁵⁾
- Migraines, joint pain, arthritis, asthma and high blood pressure, are some disease conditions that are more sensitive to the placebo effect.⁽⁷⁾
- During homoeopathic aggravation: symptoms are worse, but the patient says that mentally he feels better so the wait and watch method is necessary in that situation. At this stage any sort of medication will spoil the case, placebo may be prescribed instead.⁽⁶⁾

- During homoeopathic aggravation by LM potency: At the end of treatment few symptoms of the drug remain; these symptoms disappear within a few days, meanwhile the patient may be given only powder of sugar of milk.⁽⁶⁾
- The antipsoric medicine are repeated in long intervals and to fill up gaps, sugar of milk may be given every day at the usual time and usual manner⁽⁶⁾

Homoeopathy and Placebo

- **Blinding Challenges:** Blinding, a key component of research design, can be challenging in homoeopathy due to the extreme dilutions used. This makes it difficult to completely rule out the influence of the placebo effect.⁽⁸⁾
- **Limited Evidence:** While some studies suggest potential benefits of homoeopathy for certain conditions, most high-quality research does not find it to be more effective than placebo.⁽⁹⁾
- **Ethical Considerations**
- **Transparency with Patients:** The ethical use of placebo requires transparency with patients about the nature of the intervention and the potential for a placebo effect.⁽¹⁰⁾
- **Open-Label Placebo Trials:** A growing trend in placebo research involves "open-label" trials, where patients are aware they are receiving a placebo. These studies aim to understand the contextual factors that contribute to the placebo effect.⁽¹¹⁾

2. A Historical Perspective: From Ancient Practices to Modern Medicine

The term "placebo" originates from the Latin verb "placere," meaning "to please". Placebos come in two forms: "inactive" placebos, which are like sugar pills or saline solution and have no known medical effect, and "active" placebos, which contain ingredients with some known effect, like vitamins or mild pain relievers. Its presence in medicine can be traced back to ancient civilizations, where healers employed seemingly magical rituals and concoctions to appease patients and bolster their faith in recovery.⁽⁵⁾

The advent of modern medicine in the 19th

century witnessed a decline in the overt use of placebo. The rise of evidence-based medicine, with its emphasis on objective measures and active ingredients, relegated placebo to the realm of a nuisance variable in clinical trials⁽⁵⁾. Henry Beecher in 1955 seminal article on the placebo effect analysis of 15 studies that examined the treatment of a variety of disorders from angina pectoris and headache to the common cold revealed a surprisingly high placebo response rate, ranging from 15% to 58%, with across various conditions.⁽¹⁰⁾

Modern medicine rediscovered the placebo effect in the 1940s with the rise of placebo-controlled trials. A landmark article by Henry Beecher, titled "The Powerful Placebo," brought attention to this phenomenon and stressed the importance of considering it when judging a treatment's effectiveness. Both research and clinical settings utilize the placebo effect.⁽⁷⁾

2.1. The Intriguing Alliance: Placebo and Homoeopathy

Homoeopathy, a system of alternative medicine founded by Samuel Hahnemann in the late 18th century, has a particularly intriguing relationship with placebo. Hahnemann, a keen observer of the physician-patient dynamic, recognized the psychological impact of treatment. He strategically employed placebo during specific stages of homoeopathic treatment. For instance, when a patient transitioning from conventional medicine to homoeopathy was accustomed to frequent medication use, Hahnemann might prescribe a placebo to maintain a sense of routine and alleviate anxiety. Similarly, during periods of homoeopathic aggravation, a temporary worsening of symptoms believed to be a sign of healing, placebo could be used to manage patient expectations and prevent unnecessary intervention⁽⁶⁾.

2.2. Relation Between Homoeopathy And Placebo

Hahnemann made a clear distinction between homoeopathic remedies, which were administered according to the principle of "like cures like" (*similia similibus curentur*), and inert substances such as milk sugar, which he correctly Hahnemann made a clear distinction between

homeopathic remedies, which identified as having no therapeutic effect. .

In most instances Dr Hahnemann marked placebos with the paragraph symbol (§) [91] in his book "Organon of Medicine".

- In aphorism 91, Hahnemann states, when the disease is of chronic character and patient has been taking medicine up to the time he is seen, the physician can leave him some days quite without medicine or meantime can administer something of an unmedicinal nature and defer to a subsequent period.
- In case of hypochondriacs, when pure fabrication of symptoms comes, Hahnemann advises the physician "gives them nothing at all, or something quite unmedicinal" in footnote to aphorism 96.
- Aphorism 281, states that when the improvement begins, in order to be convinced of this, the patient is left without any medicine for eight, ten, fifteen days, meanwhile giving him only some powders of sugar of milk.
- In the period between 1833 and 1835 more than half (54%) of Dr Hahnemann's prescriptions was placebo. As observed in his case journals, the main reason for giving placebo by Dr Hahnemann was to please the impatient patient who was used to frequent medications in allopathic medicine, not only every day but sometimes also hourly.
- Homoeopathy does not treat diseases, but only diseased individuals. Therefore, every case may need a different remedy although the individuals may be suffering from the same pathology.
- This rule was violated by almost all the trials in most meta-analyses⁽⁶⁾

3. Unveiling the Mystery: The Neurobiology of Placebo

Studies employing functional magnetic resonance imaging (fMRI) have demonstrated activation in specific brain regions during placebo analgesia, the reduction of pain through placebo intervention. Furthermore, research indicates a potential role for dopamine, a neurotransmitter associated with

reward and motivation, in the placebo response⁽⁵⁾. The expectation of relief triggered by the placebo intervention might lead to the release of dopamine, influencing pain perception and promoting feelings of well-being.

4. The Therapeutic Applications of Placebo

4.1. Doctor-Patient Relationship

The doctor-patient relationship serves as a critical cornerstone for a robust placebo effect⁽⁶⁾. A physician's empathy, communication style, and genuine belief in the treatment can significantly influence patient expectations and outcomes. Studies have shown that patients treated by physicians who exuded warmth and confidence reported greater improvements, even when receiving placebo interventions⁽⁷⁾.

4.2. Placebo in Clinical Trials

Placebo plays a vital role in controlled clinical trials, the gold standard for evaluating the efficacy of new treatments. By comparing the effects of the experimental intervention with a placebo, researchers can isolate the specific impact of the new treatment. This allows for a more objective assessment of its effectiveness, controlling for the influence of factors like patient expectations and the natural course of the disease.

4.3. Ethical Considerations

The ethical implications of placebo prescription warrant careful consideration. The ethical use of placebo is generally limited to situations where:

- No effective treatment currently exists for the specific condition.
- The condition is mild and self-limiting.

4.4. The Nocebo Effect

The term "nocebo effect," derived from the Latin *nocere* meaning "harm," is commonly used when a placebo causes an unfavorable outcome.⁽⁷⁾ The nocebo effect refers to the phenomenon where negative expectations about a treatment can lead to adverse side effects, even if the intervention is inert.

CONCLUSION

The placebo effect, once considered a mere

nuisance, has emerged as a fascinating and complex phenomenon with significant implications for modern medicine. Deciphering the intricate interplay between psychological expectations and biological responses holds immense potential for optimizing treatment outcomes and further research is warranted.

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The Enigma of Placebo: A Historical Retrospective in Homoeopathy

Dr Raxit R Vishpara

Keywords

Placebo, Samuel Hahnemann, homeopathy, therapeutic efficacy, patient care, Patient Satisfaction

Abstract

The doctrine of placebo, rooted in the Latin “placere” meaning “to please,” has long been intertwined with the practice of medicine, reflecting the complexities of human psychology and the pursuit of healing. This article traces the historical trajectory of placebo from its early mentions in medical literature to its systematic use by pioneers like Samuel Hahnemann in the development of homeopathy. Through historical analysis and examination of primary sources, the article elucidates the shifting perceptions and practices surrounding placebo, from the traditional “breadpill” to the modern sugar pill, and explores its role in patient care and treatment strategies. Drawing on insights from Hahnemann’s approach, the article discusses the ethical dilemmas and therapeutic considerations inherent in the use of placebos, highlighting their pragmatic utility in managing patient expectations and optimizing therapeutic outcomes.

Introduction

The doctrine of placebo, from the Latin placere, to please-, future, placebo “I shall please,” is as old as medicine itself. Its psychological value is commensurate with the frailties and peculiarities of human nature. The traditional “breadpill” of our medical ancestors has given place, in the march of scientific progress, to the more elegant powder of virginal white, pure sugar of milk; or to the seductive little vial of sugar pills or tablets, artistically labelled and bestowed with impressive directions

as to the exact number of pills for a dose and the precise hours of taking, with confident assurances of the happy effects to be expected, if directions are faithfully followed^[1].

History

It seems that the term “placebo” gained popularity during the late 18th century. The 1775 edition of George Motherby’s New Medical Dictionary does not mention it, but the 1785 edition defines “placebo” as “a commonplace method or medicine” (Aronson 1999). Arthur Shapiro, a respected historian on the topic, has noted the evolving definition of “placebo” and expressed uncertainty about its introduction into medical terminology in 1785, stating that “the reasons for the introduction of the word placebo into medicine in 1785 are largely unknown” (Shapiro 1968).^[2]

Cullen employed the term ‘placebo’ at least twice in his series of lectures given in 1772. In the first instance, he described giving a placebo treatment to a Mr Gilchrist, whom he regarded as “absolutely incurable” and “hastening fast to his fate”. Indeed, as Cullen remarked to his students, his motivation for taking the case was more for scientific than for clinical reasons (“I took him in hope of making some observations upon his case & even of learning something by his death”). Because Cullen had no hope that treatment could cure Mr Gilchrist, he decided to employ a placebo treatment – to comfort or please his patient. Notably, he decided to use what we would now call an ‘active placebo’, as distinct from an ‘inactive’ substance which he knew to be physiologically inert (In manuscript notes of his clinical lectures, the Scottish physician William

Cullen describes how he used ‘a pure placebo’ in an attempt to comfort a dying patient.).^{[2][3]}

Today we make the distinction between pure placebos (substances with no pharmacological effect, e.g. sugar pills) and impure placebos (substances with pharmacological effect but not on the condition being treated). In the 18th century those physicians who prescribed placebo usually thought of drugs which were considered not very effective in the particular case, e.g. a mild ointment. At the same time, only very few brilliant minds came up with the ingenious idea of using inert substances as placebo. An alternative to milk sugar used as placebo in homeopathy was bread pills.^[4]

Hahnemann and placebo

A German physician named Samuel Hahnemann (1755-1843), recognized today as the pioneer of homeopathy, appears to be the first known practitioner to systematically and regularly administer placebos to his patients. Despite his unconventional translation of Cullen’s *Materia Medica* into German, which led to his renowned experiment with Peruvian bark and the subsequent development of homeopathy, Hahnemann seems to have been unaware of the term “placebo” used by the eminent Scottish professor. However, it becomes evident later that Hahnemann grasped the underlying principle of administering “something non-medicinal” to alleviate the anxieties of patients expecting treatment.^[5]

A close look at Hahnemann’s case journals reveals that the percentage for placebo prescriptions is very high. In his case journal no. 22 from 1821 85% of the medications are placebo.^[6] This is also true in regard to his later years. In the period between 1833 and 1835 more than half (54%) of Hahnemann’s prescriptions are placebo.^[7]

The few medicohistorical studies on individual patients treated by Hahnemann, e.g. the father of the famous German musician Clara Schumann, Friedrich Wieck, also reveal that up to a quarter of the drugs administered to this patient were non-medicinal.^[8]

After first experimenting with ground oyster shells (*conchae*) as placebo at the beginning of

his homoeopathic practice, Hahnemann later on almost exclusively gave lactose in these cases to which the homoeopathic *Materia Medica* (and modern pharmacology too!) does not attribute a medicinal effect. However, till the mid-1820s, Hahnemann continued to give *conchae* which later (1828) became part of the *Materia Medica* (*calcareo carbonica*) as placebo, especially to children.^{[5][6]}

Sugar of Milk as Placebo

In a footnote to the first edition of his work on *Chronic Diseases* which appeared in 1828 (first English translation in 1845), Hahnemann explained why he had finally chosen milk sugar as his favourite placebo: “There are hypercritical homoeopathic physicians who were afraid that even the sugar of milk might obtain medicinal qualities from being long kept in a bottle, or from long trituration. Long-continued experiments have convinced me that this apprehension is unfounded. Both the raw and the prepared sugar of milk may be taken as nourishment in considerable quantity without the least disagreeable symptoms being experienced from it. Fears have also been entertained that, in triturating the medicinal substance in a porcelain mortar, particles might become detached from this latter, and that the triturating process might change them to powerfully active silicea. To ascertain whether such fears were founded, I caused one hundred grains of sugar of milk to be triturated with a new porcelain pestle in a porcelain mortar, the bottom of which had been recently polished; thirty-three grains were taken at a time. They underwent the process of trituration eighteen times, each trituration lasting six minutes. Every four minutes the mass was stirred up with a spatula. The object of this frequently repeated trituration, which lasted in all three hours, was to impart medicinal qualities, either to the sugar of milk, or, at any rate, to the particles of silicea which might have been separated from the mortar; but, from experiments which I have made upon highly susceptible subjects, I have been obliged to infer that the prepared sugar of milk is no more medicinal than the sugar in its raw state; its only quality is that of being nutritious”^[9]

Importance of placebo

“Utilizing Placebo: A Practitioner’s Dilemma and Solution”

Let us glance at a few of the practical uses of the placebo. You are called to a new case. You see the patient and make your examination. You decide that it is a case for medication. You have written down your symptom-findings and glanced over the record. The case is difficult and you are not able to decide offhand what remedy is indicated. You must have time and opportunity to study it up. The patient and friends want something done at once. Rapidly you run over the case in your mind. This patient is seriously ill. To make a mistake in the first prescription might be fatal, or it might prejudice the case by confusing it so that a quick and satisfactory cure would be impossible. Your reputation in the new family will depend upon your success. You must retain the confidence of the patient but you must have time and make no mistake. This is where your knowledge of the second-best remedy comes into use. Calmly and confidently, you prepare and administer a generous powder, leave explicit directions for the use of as many subsequent doses as you deem judicious, make an appointment to see the patient again in an hour or two, or three, and then hie you to the seclusion of your library, where you proceed to apply your knowledge of how to study the case and find the remedy according to the principles of the *Organon*.^[1]

In an essay that was printed in the *Allgemeine Anzeiger der Deutschen* in 1814, Hahnemann offered the following recommendation to his colleagues: “In the meantime, until the second medicament is given, one can soothe the patient’s mind and desire for medicine with something inconspicuous such as a few teaspoons a day of raspberry juice or sugar of milk.”^[10]

Enhancing Treatment: The Role of the Second Best Remedy

Incorporating the second-best remedy into treatment serves as a supplementary measure to the primary indicated remedy. Hahnemann’s counsel to halt remedy administration upon the onset of improvement underscores this approach. By substituting *sac. lac.* for the remedy once signs of progress emerge, practitioners can observe the natural course of the curative reaction without

further doses. This practice applies particularly to cases initially treated with repeated doses, allowing for a nuanced management strategy in the pursuit of healing.^[1]

Hahnemann, uncertain of his selection of the appropriate homeopathic remedy, often relied on placebo trials to gauge effectiveness. He observed patients closely, particularly noting their reactions to placebos. Notably, if a female patient began menstruating during treatment, Hahnemann halted the *verum* treatment and administered placebos instead. Additionally, patients accustomed to consuming tangy beer, which Hahnemann suspected might contain medicinal elements, were temporarily switched to placebo treatment. This approach highlights Hahnemann’s methodical and cautious approach to homeopathic treatment, utilizing placebos as a valuable tool in his therapeutic arsenal.^[5]

Hahnemann’s Perspective on Patient Deception

Hahnemann’s stance on patient deception was clear: he acknowledged that his patients should remain unaware that they were receiving placebos. Despite this, he openly referred to his actions as a form of “deception.” However, for Hahnemann, the priority lay in achieving the desired therapeutic outcome, regardless of the means employed. “Patients who have firm confidence in the honesty and skill of their physician, will have no hesitation to be satisfied with a dose of sugar of milk, which may be exhibited every two, four, or seven days, agreeably to the wishes of the patient; such a course will never lessen their confidence.”^[9]

CONCLUSION

In conclusion, Hahnemann’s pioneering work in homeopathy grappled with the delicate balance between effective treatment and patient satisfaction, often navigating the complexities of medical practice in his era. Recognizing the prevalent expectation for frequent medication among patients accustomed to allopathic remedies, he devised strategies to accommodate their needs while adhering to his principles. Employing placebos, initially experimenting with substances like ground oyster shells before settling on lactose due to its inert properties, Hahnemann sought to manage patient expectations without

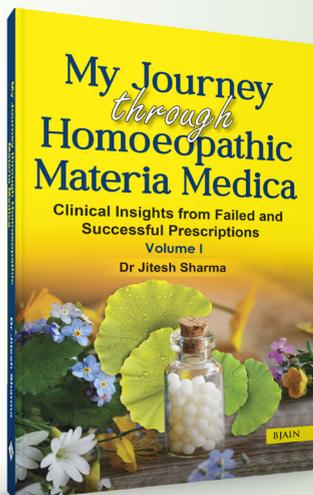
compromising his therapeutic approach. His concept of concealment extended to orchestrating scenarios where patients received homeopathic remedies or placebos indistinguishably, underscoring his commitment to minimizing external influences on the healing process. Despite employing placebo treatments, Hahnemann was conscious of the ethical implications, acknowledging the element of deception inherent in his approach within the medical context of his time, where such considerations were less prominent. His pragmatic utilization of placebos reflected not only a pragmatic approach to difficult cases but also an understanding of the delicate balance between patient care and therapeutic efficacy. Thus, Hahnemann's legacy extends beyond the realms of homeopathy, encompassing a nuanced understanding of medical practice and patient management in an evolving healthcare landscape.

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My Journey Through Homoeopathic Materia Medica



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The Power of Sac Lac in Homoeopathic practice

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Keywords

Sac Lac, Placebo, Homoeopathy, Hahnemann, psychological mechanisms.

Abstract

Sac Lac is the second-best remedy in Homoeopathy. Its scientific name is Saccharum Lactic Officinalis, abbreviated as Sac Lac or SL. These unmediated substances are known as placebos. When no medicine is required, an unmediated product is administered to satisfy the patient. In day-to-day practice certain situations arise which lead us to prescribe placebo. This article deals with indications of placebo, difference between homoeopathy and placebo & explores power of placebo effect.

Introduction

According to Stuart Close Placebo is the second best remedy without it, no good homoeopath could practice medicine for very long. These unmediated substances are known as placebos and its scientific name is **Saccharum Lactic Officinalis, abbreviated as Sac Lac or SL.** When no medicine is required, an unmediated product (such as sugar of milk, globules, tablets, purified water, etc.) is administered to satisfy the patient and instill confidence that he has been taking medicine on a regular basis¹.

The word placebo originated from the Latin word 'placere' which means "to please or satisfy." is as old as medicine itself. These effects are not determined by the known pharmacological properties of the substance, it is the psychological state of the individual at the time of its administration².

A placebo is an agent used in medical practice with the primary goal of pleasing the patient³.

Indications of Sac Lac/ placebo^{3, 4, 5}

Indisposition and Artificial Chronic Disease:	In cases of indisposition (aphorism 150), no homoeopathic similimum required this ill-health due to exposure to avoidable noxious influences. Only require the searching out and correcting of the diet regimen. So placebo could be used for patient's satisfaction. In case of Artificial Chronic disease due to prolonged use of violent and large doses of medicines the vital force is weakened. The original picture of the patient was destroyed. In that case placebo should be prescribed till the original picture of patient will come.
If you are not sure, give placebo	When a physician is unable to decide what remedy is indicated. Time and opportunity is required to study it up. Placebo could be given.
The indicated remedy must be given time to act	When medicine was administered, it must have time to act and its action must not be interfered with by other drugs in that case placebo will administer
In cases of Homoeopathic aggravation	Hahnemann advises - 'In order to be convinced of this, the patient is left without any medicine meanwhile giving him only some powders of sugar of milk' (aphorism 281).
In randomized controlled trails	It plays a significant role in clinical trials and can lead to improvements in subjective measures such as pain, mood, and overall well-being.
Hypochondriac patients	In case of hypochondriacs, when pure fabrication of symptoms comes, Hahnemann advises the physician "gives them nothing at all, or something quite unmedicinal" (aphorism 96).

Homoeopathy and Placebo

Majority of people still think that homoeopathy is a placebo. For them it must come as a surprise that Hahnemann, unlike most of his contemporaries, was already familiar with a phenomenon which we call today the placebo effect. First, he differentiated clearly between the homoeopathic drugs administered in line with law of similars (“that is” *similia similibus*) curenur and such pharmaceutical substances he considered quite rightly as sham medicine (“for example” milk sugar). Second, as far as we know, he was the first physician who systematically used a single blinded approach in therapy³.

In between 1833 and 1835 more than half (54%) of Dr Hahnemann’s prescriptions was placebo⁶. Since its inception, homoeopathy has been criticism that it is nothing but a placebo and even in recent times it has been stated through trail that the beneficial effects are due to consultation process and not the remedy. There are numerous researches which prove otherwise, due to poor methodological quality, these studies usually don’t make it into meta-analysis⁷.

The power of placebo effect

The placebo effect, in which a patient experiences improvement in their condition simply because they believe they are receiving treatment, underscores the importance of psychological factors in healing. It’s about creating a stronger connection between the brain and body and how they work together. Several research studies have demonstrated the placebo effect’s role as a you are not sure about your medicine give placebo better than unwanted or wrong medicines. The placebo powerful determinant of health in certain disease conditions like migraines, joint pain, arthritis, asthma, high blood pressure, and depression are some disease conditions that are more sensitive to the placebo effect⁸.

The placebo effect is a complex phenomenon with several underlying psychological and neurobiological mechanisms. Classical conditioning and expectancy are two proposed psychological mechanisms that underlie the placebo effect. Classical conditioning involves forming associations between stimuli and responses, which influence future experiences. For

example, a patient experiencing pain relief from a previously effective pain medication might later respond positively to a visually similar placebo pill. This response is a result of conditioning, where the patient’s expectations are shaped by past experiences. These responses can manifest as improvements in symptoms or well-being due to the belief in receiving effective treatment. Expectations of the patient also play a vital role in mediating a placebo effect. Expectations can impact the course of treatment by affecting the psychological and physiological responses to that treatment^{9,10}.

Other factors like the patient-physician relationship, the patient’s psychological state and personality, the severity of the medical condition, and environmental circumstances. Also influence the degree of the placebo effect^{9,10}.

The placebo effect serves as a fascinating window into the intricate relationship between belief and perception, shedding light on how our minds can shape both our sensory experiences and emotional responses. By delving deeper into the physiological mechanisms behind this phenomenon, clinicians and researchers stand to unlock new avenues for improving mental and physical health outcomes. A thorough understanding of the placebo response through scientific inquiry holds the potential to revolutionize patient care by enabling the development of interventions that harness the power of the mind to enhance healing. As such, continued exploration into the placebo effect offers promising prospects for advancing medical practice and fostering holistic approaches to healthcare that prioritize the well-being of individuals^{11,12}.

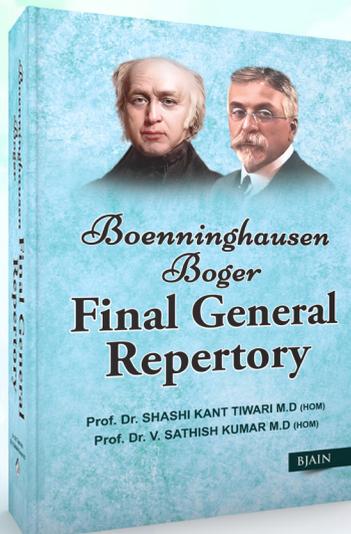
CONCLUSION

Hahnemann believed that the mission of physicians is curing the patients without harming them. He emphasized the value of using placebos rather than the incorrect medications and placing the health of the patient first. If the effect is more than positive thinking — believing a treatment or procedure will work. It’s about creating a stronger connection between the brain and body and how they work together. The brain facilitates the healing process by releasing healing chemicals into the bloodstream when it predicts

that a treatment will be successful. That's why the "placebo" effect is so powerful. Currently, in circumstances where medication is not required, the placebo is required in all medical systems, not just homoeopathy.

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Boenninghausen Boger Final General Repertory

- *Treatise comprises of 12 books related to these great stalwarts: Boenninghausen and Boger.*
- *The utmost care is taken in changing the typography while merging the rubrics from different sources into BBFGR.*
- *All the new information given in BBFGR has citations above the rubrics and medicines which can be verified anytime in case of any doubt.*

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All india bjain books quiz marathon 2024



Mihir
shakdwipiya

I would like to thank B.jain publications for this amazing initiative. The level of the questions asked in MCQ is really great and advance level ! Thanks from side of all homoeopath students for this . I m very greatful to be a part of this . Thanks a lot !

The Quiz Marathon by BJain is a commendable initiative fostering knowledge and engagement. It encourages learning in a fun and interactiv manner, appealing to a wide audience. Such endeavors not only promote education but also stimulate curiosity and intellectual growth, enriching participants' experiences.



Nirav Ganatra



Rojasara Puri

First of all I would like to thank BJain Publishers for conducting this type of quiz. This quiz is very usefull for the students. It helps to gain the knowledge. The prize given to the winners is also inspirable. The books given as a prize is very helpful for the study purpose. Thank You again.

Playing a quiz is the quickest way to assess your knowledge. This is a good initiative by BJain publishers. Very good opportunity for homoeopathic students.



Shreya Mehta

PARTICIPANT VOICES

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Divyanshi Singh

I feel the Quiz Marathon is very good initiative by Bjain Publishers. Every month I got a chance to analyse my performance at a National level. It keeps me motivated. Apart from this, the questions are always very interesting especially the Materia Medica ones as this is one of my favourite subject. Thankyou so much to Bjain Publishers.

The Quiz was really interesting. As the BJain Publishers are providing the Book which will surely help us in the future for our competitive exams and this prize of the book motivated me to participate in the quiz in the very best manner. A very big Thank you to BJain Publishers for the Quiz Marathon. This is really a very good initiative by the publishers for the students.



Raxit Ramesh



Leeza Pradhan

It prepares me for psc . It is very useful in enhancing my knowledge. It give broad variety of questions

A quiz marathon is an engaging, competitive event where participants answer a series of questions across various topics over an extended period. It challenges knowledge, quick thinking, and stamina, fostering a fun and educational atmosphere. Participants often compete for prizes, recognition, and the joy of learning.



Shreya Mehta

Understanding The Role Of Sac Lac In Homeopathy

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Keywords

Sac Lac , Homeopathy, Saccharum Lactis, Homeopathic Medicines & Placebo

Abstract

Sac Lac (Saccharum Lactis), also known as lactose or sugar of milk, is a fundamental component in homeopathic practice. This article explores the historical significance, preparation process, and use of Sac Lac in homeopathic remedies. Originating from the time of Samuel Hahnemann, Sac Lac serves as a neutral carrier substance for transmitting the energetic essence of homeopathic remedies.¹ In homeopathic practice, Sac Lac (Saccharum Lactis or lactose) is often employed not only as a base for remedies but also as a second prescription. Through a meticulous process of dilution, succussion, and potentization, Sac Lac facilitates the customization, safety, and efficacy of homeopathic treatments. Understanding the role of Sac Lac in homeopathy sheds light on its importance in holistic healing practices

Introduction

Sac Lac, short for Saccharum Lactis and commonly known as milk sugar, plays a crucial role in homeopathic practice. It serves as a versatile and

essential component in the preparation, administration, and storage of homeopathic remedies.² Sac Lac or placebo was a known and frequently used tool to Hahnemann in his practice of homeopathy. His postulations leave no doubt of the usage of this great “unmedicated remedy”. Our master clearly explains his view about administration of placebos through his Organon of medicine in Aphorisms 91,96, and 281.¹ Understanding its uses and significance can provide deeper insight into the methodologies and principles underlying homeopathic treatments. Its use extends beyond mere inclusion in remedies; it is fundamental to the process of prescribing, preparing, and administering homeopathic treatments.

Composition & Properties Of Sac Lac ³

Sac Lac is a disaccharide composed of glucose and galactose, derived from the whey of milk. Its key properties include:

- **Neutrality:** It is chemically inert and does not interfere with the active ingredients of homeopathic remedies.
- **Solubility:** Highly soluble in water, facilitating easy mixing and preparation of solutions.
- **Stability:** It has a long shelf life and maintains the potency of remedies over time.

- **Palatability:** Slightly sweet, making it more acceptable for patients, including Children.

Uses In Homeopathy

The great homoeopath Dr Stuart close in his “The Genius of Homoeopathy” says placebo is the second best remedy in the Materia Medica, without which no good homoeopathist could long practice medicine.⁴

1. Vehicle For Potentization⁵

In homeopathy, potentization is the process of serial dilution and succussion (vigorous shaking) of a substance to enhance its therapeutic efficacy. Sac Lac is essential during the trituration phase for solid substances⁵ :

- **Trituration Process:** Insoluble substances are ground with Sac Lac to achieve initial dilutions, making them soluble for further dilution in liquid form.
- **Uniform Dilution:** Sac Lac ensures even distribution of the active ingredient during potentization, crucial for maintaining the consistency of the remedy’s strength.

2. Base for Pills and Tablets²

Homeopathic remedies are often dispensed in pill or tablet form. Sac Lac serves as the primary base for these solid forms:

- **Impregnation:** Lactose pellets are impregnated with liquid homeopathic solutions, absorbing the active ingredients evenly.
- **Consistency and Potency:** The uniform absorption of the remedy ensures each pill or tablet has a consistent and predictable potency, which is critical for effective treatment.

3. Stability and Shelf-life⁶

The chemical stability of Sac Lac makes it an ideal preservative medium for homeopathic remedies:

- **Inert Medium:** Sac Lac does not react with the active ingredients, preserving their therapeutic properties.
- **Long Shelf-life:** Remedies prepared with Sac Lac maintain their potency and effectiveness over extended periods, ensuring reliable treatment options.

4. Dilution Medium²

Sac Lac is also used in liquid homeopathic preparations:

- **Solution Preparation:** Dissolved in water or alcohol, lactose serves as a medium for diluting and distributing the active homeopathic ingredients.
- **Even Distribution:** This ensures the active substances are uniformly dispersed, maintaining the remedy’s intended strength and efficacy.

Significance Of Sac Lac In Homeopathic Practice

In Aphorism 91, master says when the disease is of chronic character and patient has been taking medicine up to the time he is seen, the physician can leave him some days quite without medicine or meantime can administer something of an unmedicinal nature and defer to a subsequent period. This unmedicinal nature is nothing, our sac lac or placebo. In case of hypochondriacs, when pure fabrication of symptoms comes, Hahnemann advises the physician “gives them nothing at all, or something quite unmedicinal” in foot note to Aphorism 961.¹

1. Standardization and Consistency³

The use of Sac Lac in homeopathic practice contributes significantly to the standardization and consistency of remedies. By providing a uniform base for both solid and liquid preparations, it ensures that each dose contains a precise and predictable amount of the active ingredient. This consistency is vital for the reproducibility of clinical results and the reliability of homeopathic treatments.

2. Enhancing Patient Compliance⁶

The palatability and ease of use of Sac Lac-based remedies improve patient adherence to prescribed treatments:

- **Mild Taste:** The slightly sweet taste of lactose is generally well-accepted by patients, including children and those sensitive to strong Flavors.
- **Convenient Administration:** Pills and tablets made with Sac Lac are easy to dose, handle, and transport, encouraging consistent use of

the remedy.

3. Minimizing Side Effects⁵

Homeopathy emphasizes minimalism, using the least amount of active ingredient to stimulate healing. Sac Lac supports this principle⁷:

- **Inert Carrier:** As an inert substance, Sac Lac does not contribute to side effects, allowing the active homeopathic ingredient to work without interference.
- **Low Dose:** The small amount of lactose used typically falls below the threshold that would cause symptoms in lactose-intolerant individuals, minimizing adverse reactions.

4. Second Prescription⁷

In homeopathy, the second prescription refers to the remedy or intervention given after the initial prescription⁷. It may involve:

Repeating the initial remedy: If improvement is observed but not complete.

Changing the remedy: If the initial remedy was ineffective or if new symptoms have emerged.

Administering an inert substance: Such as Sac Lac, to observe the patient's natural healing progress without the influence of an active remedy.

5. Facilitating Healing^{1,8}

The administration of Sac Lac can support the body's natural healing processes:

- **No New Stimulus:** By avoiding the introduction of a new remedy, Sac Lac ensures that the patient's system is not overstimulated, allowing the initial remedy to complete its action.
- **Psychological Support:** The act of taking Sac Lac can have a placebo effect, providing psychological comfort and reinforcing the therapeutic alliance between the patient and the practitioner.

Addressing Lactose Intolerance^{9,10}

While Sac Lac is generally well-tolerated, some patients may have lactose intolerance. Homeopaths can address this concern:

Alternative Bases: For patients with severe lactose intolerance, alternative bases such as sucrose or alcohol can be used to prepare homeopathic remedies.

Dosage Adjustment: The minute quantities of lactose in homeopathic remedies often do not provoke intolerance symptoms, but practitioners remain vigilant and adjust prescriptions as necessary.

CONCLUSION

Sac Lac is an indispensable component in homeopathic practice, integral to the preparation, standardization, and delivery of remedies. Its neutral properties, stability, and compatibility with homeopathic principles make it an ideal medium for potentization, preservation, and patient-friendly administration of remedies. By understanding and appreciating the uses and significance of Sac Lac, practitioners can ensure the effective and reliable application of homeopathic treatments, ultimately enhancing patient outcomes and advancing the field of homeopathy.

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A Rigorous Academic Inquiry: Leveraging Concept Mapping Methodologies for Amplifying Learning Efficacy in Inaugural BHMS batches

PEER REVIEWED

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Keywords

Physiology Learning ConceptMapping

Abstract

Objectives

The study aims to evaluate cognitive gain, student perceptions of concept mapping, compare its effectiveness versus traditional methods, and teach the use of concept mapping as a learning strategy in physiology for clinical practice.

Materials and Methods

The study involved 122 students from two batches of First BHMS at Smt.CMP Homeopathic Medical College, Mumbai. They were taught concept maps, sent YouTube videos, and instructed to draw them in their A3 drawing book. Awards were given for best concept mapping book, and a survey was conducted to compare different learning methods with Concept Mapping.

Results

The study reveals that concept mapping is a highly effective learning tool(60 % students felt it helped them in improving learning outcomes,50 %

recommended its use in CBDC,26 % felt its better than other learning methods) that significantly enhances cognitive gains among physiology students, making it a robust pedagogical strategy that can provide profound and meaningful learning experiences in the complex field of physiology education.

Conclusion

The study survey highlighted how concept mapping helps CMP Homeopathic Medical College, Mumbai's First BHMS students learn more effectively .

Also idea mapping improves comprehension and academic achievement by allowing for meaningful links between concepts. The suggestion of concept mapping as an effective teaching strategy within the CBDC curriculum is supported by the favorable comments from students and the benefits that have been noted. Subsequent investigations ought to go deeper into the workings of idea mapping and examine its enduring effects on knowledge retention and application.

Introduction

Concept maps are graphical tools that help

in problem solving, conceptual thinking and understanding, organizing and memorization of information, and activation and elaboration of past knowledge.¹

«Knowledge cannot be constructed just by memorization, but should be understood, relevantly integrated with previous knowledge,» states David Ausubel's assimilation theory. Learning that is «meaningful» entails gaining and retaining cohesive knowledge as well as creating several representations of it that enable it to be accessed and utilized from a variety of viewpoints.²

Concept maps are multidirectional conceptual graphical representations that use connecting words or phrases to express the relationships between concepts. This allows for the integration of old and new knowledge and the application of theory to practice.³

Studies have shown that concept mapping increases critical thinking^{4,5}

Critical thinking skills helps to build conceptual knowledge.^{6,7}

Materials and Methods

Study Design and Participants

This study involved 122 students enrolled in the First BHMS (CBDC Batches) program at CMP Homeopathic Medical College, Mumbai, spanning two successive academic years. The study included students from both senior and junior batches.

Educational Intervention

Concept Map Introduction: During the start of the academic year, a thorough explanation was given to the pupils on the use of concept maps.

Preparation Materials: For the purpose of making idea maps, students were told to have an A3 size drawing book, colour pens, and highlighters.

Concept Map Delivery: Students get a link to a YouTube video one day before to each lesson. A concept map pertaining to the subject of the upcoming lecture was included in the video.

Idea Map Creation: After watching the film, students were expected to design an idea map in

their sketchbooks at home and bring it to class.

Assessment Integration: Students were urged to write their answers in the Final MUHS using concept maps as a writing tool.

Final Measures

Best Concept Mapping Book Award: Students who kept the best concept mapping book were recognised with awards at the conclusion of the school year.

Senior Batch Survey: To evaluate the efficacy of idea mapping with alternative teaching approaches, a survey was administered to the senior batch. This questionnaire was given to them prior to their final exams.

Survey for Junior Batch: In the first term of the academic year, a survey was administered to the junior batch comparing concept mapping with alternative learning techniques.

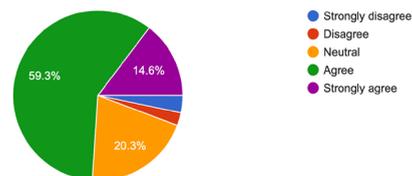
Data Collection and Analysis

Data Collection: Data on the use of concept maps, academic performance, and survey responses were collected throughout the academic year.

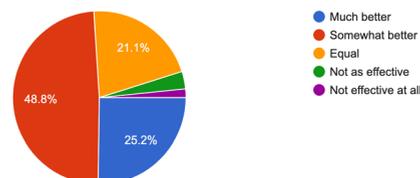
Statistical Analysis: Quantitative data, including exam scores and survey responses, were analyzed using google forms.

Results

Do you believe that concept mapping has helped you improve your learning outcomes in physiology?
123 responses

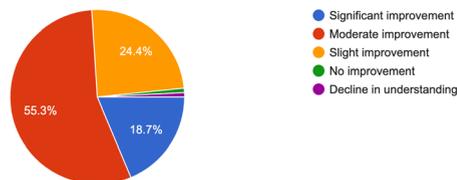


In your opinion, how does concept mapping compare to traditional teaching methods (e.g., Didactic, Powerpoint, Blackboard) in terms of improving learning outcomes?
123 responses



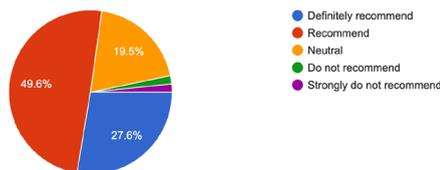
How would you rate your overall improvement in understanding physiology concepts after concept mapping?

123 responses



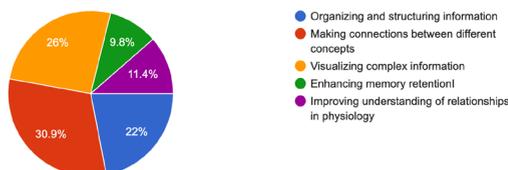
Would you recommend the use of concept mapping to future BHMS 2 CBDC cohorts for learning physiology concepts?

123 responses



What aspects of concept mapping did you find most beneficial for your learning?

123 responses



CONCLUSION

The research survey's conclusions highlight how idea mapping significantly improves students' learning outcomes. Concept mapping helps to make meaningful links between ideas, which helps with comprehension of difficult subjects and long-term memory retention. The benefits in retention that have been noted after using concept maps point to the usefulness of this teaching strategy in the CBDC curriculum.

Promising outcomes have been shown from the incorporation of idea mapping into the First BHMS curriculum at CMP Homeopathic Medical College in Mumbai. As demonstrated by their academic achievement and survey responses, students who actively participated in developing and applying idea maps demonstrated a stronger understanding of the subject matter.

Students' favorable comments and the observable benefits of their learning experiences support the recommendation of concept mapping as the best mode of instruction in the CBDC program. The methodical strategy of introducing concept maps before lectures, using them to prepare for exams, and awarding outstanding work has helped to create a supportive learning environment that promotes critical thinking and active engagement.

In the future, more investigation and long-term studies might examine the precise processes by which idea mapping improves learning results, investigate potential differences in its application across other disciplines or educational levels, and evaluate its long-term effects.

In the future, more investigation and long-term studies could examine the precise processes by which concept mapping improves learning outcomes, investigate possible differences in its application across various subjects or educational levels, and evaluate its long-term effects on application and retention of knowledge. Educators may empower children to succeed academically and acquire lifelong learning skills by implementing evidence-based teaching tactics such as idea mapping.

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Homoeopathy And Water Memory

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Keywords

Dr. Jacques Benveniste, Basophil degranulation, Antibody, Homoeopathy

Abstract

The divisive concept of water memory has ignited a heated discussion within the scientific community. Initially introduced by Jacques Benveniste, water memory suggests that even after extreme dilution, a solution can produce a desired biological response. This idea is closely associated with another contentious subject known as homoeopathy, as both rely on a similar principle. Evidence from various methods, experiments, and paradigms supports homoeopathy and the concept of water memory. With the ongoing publication of new evidence, an increasing number of scientists are embracing these ideas, including Nobel Laureates like Brian Josephson and Luc Montagnier. Past and present evidence suggests potential implications of this discovery for humans. The substantial evidence makes it difficult to dismiss water memory as a hoax.

Abbreviations

IgE – Immunoglobulin - E, CDs - Coherent Domains, DNA - Deoxyribonucleic acid.

Introduction

Dr. Jacques Benveniste, a French immunologist, was the pioneer in proposing the concept of water memory. In a 1988 *Nature* article, he suggested that human basophile degranulation could occur without its antibody present. Despite the conventional belief that highly diluted substances don't elicit biological responses, Benveniste dem-

onstrated that even at molecular absence levels, the initial energy field persisted. ⁽¹⁾ Dr. Jacques Benveniste published a paper in the prestigious scientific journal *Nature* describing the action of very high dilutions of *anti-IgE antibody* on the *Degranulation of human Basophils*. It seemed like the water molecules somehow held onto a recollection of the antibodies they had encountered before, resulting in a lingering biological impact even after the antibodies were gone. This, it seemed, validated the claims made for highly diluted *homoeopathic medicines*. In 1988, researchers from multiple laboratories across four countries collaborated on a study demonstrating that highly diluted antibodies could cause Basophil Degranulation. The study adhered to rigorous experimental protocols, including blind double-coded procedures, and both the experimental and control solutions were prepared identically. The article was submitted to *Nature*, the experts who reviewed Benveniste's work in *Nature* didn't find any problems with how he conducted his experiments, however, they couldn't understand the results. They were puzzled by how cells could react to a substance when there were barely any molecules of it present. This seemed to contradict the usual idea of that '*lock- and- key*' principle. The authors speculated that some form of molecular organization in water might transmit specific information during the dilution process. Eventually, the journal's editor, *John Maddox*, agreed to publish the paper on the condition that a committee verify the laboratory procedures. Instead, *Maddox enlisted a magician, James Randi, and a fraud investigator, Walter Stewart*, to examine the lab. Although their investigation found no evidence of fraud, *Nature* concluded that the original study could not be replicated. This event ignited a con-

tentious debate, casting the lead researcher, Benveniste, as a scientific heretic. ⁽²⁾

In homoeopathy, the way a remedy is potentized is through several serial dilutions. It is diluted to the point where no molecules of the substance remain, but the energy or physical properties of the substance remain. After the remedy is potentized, it is then shaken vigorously to increase its potency through a process called “succussion”. This is related to water memory because water memory remembers and stores the information of a previously diluted substance. After the dilution process when there is no trace of the substance left, the remedy still remembers the information that was stored from the now non-existent substance. It is the substance’s way of imprinting itself into the solution even after it is gone. I firmly believe in this holistic approach because of previous studies done in the past on how the mind and body correlate and work with each other. ⁽³⁾

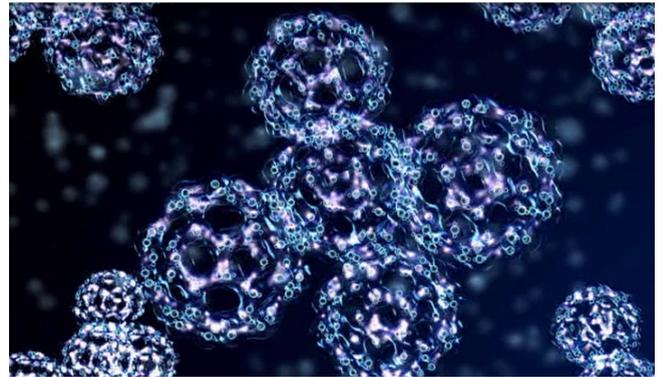
Previously, scientists struggled to gauge the potency of homoeopathic remedies. Now, a newly developed magnetic resonance method allows for this measurement. This method identifies magnetic photons within the potentized remedy, with higher potency frequencies causing a reduction in the magnetic field, indicating the presence of magnetic photons. Using two tesla coils, the method generates longitudinal waves at specific resonance frequencies in the low microvoltage HF range, separating the photons from their carrier molecule. Each potency possesses its unique resonance frequency, termed “information.” The results validate homoeopathy’s alternative approach, which lowers the energy level of pathological pathways through magnetic photons. ⁽⁴⁾

Water Structure

Water is a substance formed by two hydrogen atoms and one oxygen atom, connected by covalent bonds, so its chemical formula is H₂O. The main argument against the idea of water retaining memory lies in the extremely short lifespan of hydrogen bonds between water molecules, which is approximately *picoseconds*.

Without the presence of other materials or surfaces, the specific hydrogen bonding arrangement around a solute doesn’t persist once the solute is removed, similar to how water molecules wouldn’t remember past solutes. Additionally, the bonds between the atoms in a water molecule only last about a millisecond in liquid water due to proton exchange. Studies using Nuclear Magnetic Resonance (NMR) haven’t found stable water clusters in homoeopathic preparations. It’s important to note that the duration of hydrogen bonds doesn’t determine the lifespan of clusters, much like how a sea wave changes continuously despite its history. The equilibrium concentrations of these clusters are determined by thermodynamics rather than kinetics. ⁽⁵⁾

Water molecules can hold hands with each other. If the chain of molecules is long enough, it can form a circle creating an enclosed space between the molecules where matter cannot get in. However electromagnetic waves can get in all these signals and can be trapped inside that space and that’s why we call **Coherent Domains (CDs)**. ⁽⁶⁾



PICTURE SHOWING COLLOID MODEL OF WATER⁽¹⁰⁾

Scientist Who Supported The Water Memory Theory

- Brian Josephson, who won the Nobel Prize, thinks water might have memory. He believes quantum entanglement could explain this. Entanglement means separated particles can still affect each other, no matter how far apart they are. Josephson’s idea of using quantum theory to understand water memory could

be a valid explanation. In water memory, even when diluted a lot and removed from the solution, a substance still affects biology, suggesting a lasting connection at the molecular level, maybe due to entanglement with the original substance.⁽⁷⁾

- Dr. Masaru Emoto, a Japanese water scientist, made a bold scientific assertion that water can be influenced by human thoughts, words, and emotions, leading to changes in its molecular structure. According to his theory of water consciousness, water acts as a medium for recording and transmitting information, and responding to emotions, thoughts, spoken words, and written messages. When exposed to specific vibrations, such as those generated by positive emotions like hope, water can alter its structure, resulting in the formation of symmetrically beautiful ice crystals.⁽⁸⁾
- Another Nobel Laureate Luc Montagnier, discovered the immunodeficiency virus, According to Luc the highly diluted DNA water has retained a memory of original DNA traces and returns them under the form of an Electromagnetic signal, classical physics had never considered such a phenomenon. His research explores how water memory could be used to rebuild DNA sequences, shedding light on this concept and making it more believable. It all began when Luc Montagnier tried to separate a small bacterium called *Mycoplasma pirum* from its viral particles. After failed attempts using sterile filtrations, he managed to recover the gene by incubating it with human lymphocytes. He found that *M. pirum*'s new trait was activated by low-frequency waves in highly diluted water filtrates, allowing it to influence other bacterial DNAs. These signals were only present in heavily diluted filtrates, showing that even highly diluted substances still retained a physical presence capable of triggering these signals. Montagnier also noticed that people who had been treated for diseases still had traces of those diseases in them, without any harmful effects. This discovery led Luc Montagnier to advocate for the acceptance

of water memory, urging for a conference to discuss its controversies. He believes that as more evidence comes to light, water memory will no longer be seen as controversial but as a reality.⁽⁹⁾

- German scientists have embraced the controversy surrounding water memory, conducting an experiment where students collected single drops of water simultaneously from a large body of water. Under a microscope, they observed distinct structural images, termed microscopic patterns, in each droplet. Despite originating from the same water source, the droplets exhibited varied microscopic images, likely influenced by factors within the body of water. In a subsequent experiment, a flower placed in a confined body of water produced consistent images in the extracted droplets, suggesting the water retained a memory of its environment. The scientists theorised that water, like our bodies comprised of 70% water, could carry information from its surroundings, akin to human tears holding individual memories. While the findings are inconclusive, further experimentation is warranted to validate these observations, marking a promising avenue for future research.⁽²⁾

CONCLUSION

Scientists used to reject the concepts of water memory and homoeopathy due to a lack of scientific evidence supporting their validity. However, with emerging research shedding light on these phenomena, more scientists are starting to believe in them. Notably, the endorsement of two Nobel Laureates has helped shift perceptions. Jacques Benveniste's findings suggest that water can retain molecular information, which can be transmitted and amplified, a process he termed digital biology. He speculated that in the future, advancements in science and technology could enable us to access memories through water, such as tears. Like Benveniste, other Nobel laureates who made groundbreaking discoveries often embraced unconventional ideas. Despite skepticism, Benveniste's work is seen as an achievement. Given compelling scientific

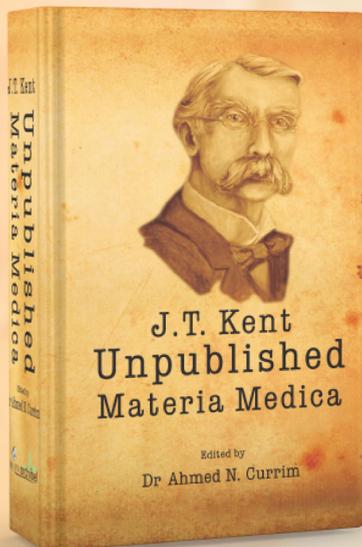
evidence, alongside support from prominent scientists, there's a growing consensus that water memory deserves further investigation and funding to deepen our understanding of this phenomenon.

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James Tyler Kent Unpublished Materia Medica



- *Unpublished notes of Dr J T Kent thoroughly edited, corrected, classified and fortified with the author's own notes, clinical experiences and opinions.*
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Sac Lac: The Friendly Minion In Homoeopathy

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Keywords

Saccharum lactis, trituration, homoeopathy, hard mineral substances, vehicle

Abstract

The fundamental principle of Homoeopathic method is Similia Similibus Curentur. Homoeopathic medicines, when administered on the basis of totality of symptoms or on the basis of clinical situations, develop the healing response of the patient in a natural way. Predominantly, homoeopathic medicines are prepared by the process of trituration, a nano science, developed by Hahnemann. The reformer of hard mineral substances used in homoeopathy is *Saccharum lactis*, solely.

Introduction

What is *sac. lac*? “Is it a magic remedy in homoeopathy?”

Sac. lac is the second-best remedy and the first best possible course of action in some cases. Dr Stuart Close silver-tongued *Saccharum lactis* as “The young homoeopath’s best friend, the old doctor’s reliance and a very present help in time of trouble”.¹ Homoeopathic medicines are prescribed on the basis of totality of symptoms. And there should be a balance between the knowledge of medicines, knowledge of homoeopathic remedies and the accuracy and success of prescription. Every case is an enigma to the physician to be unfolded.

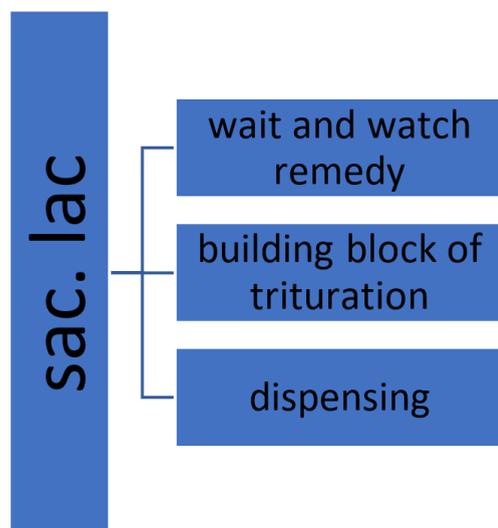
Dr S. Hahnemann considered *sac. lac* to be an

inert substance. In his practice he frequently used globules of *sac lac* as a chief vehicle to dispense the remedies. He regarded *sac. lac* as the most inert substance.² *Saccharum lactis*, also called lactose or milk sugar, is used as diluent in preparing trituration of remedies, as a vehicle for the administration of liquid potencies or as a placebo. It is homoeopathically inert.³

Frequently, *sac. lac* is prescribed along with the potentized homoeopathic remedy suitable for the disease condition. Even though *sac. lac* is not a mandatory prescription, it maintains the equilibrium between the first and the second prescription and so on, when given to some patients, nevertheless, it may sometimes aggravate the symptoms of the patient, for instance, a 70yr old patient of mine complained that his symptom “dryness of throat” aggravated when he started taking the second medicine (*sac. lac*) prescribed to him. It may also happen, for instance, if we prescribe only an indicated remedy to the patient for three or five days and stop the medication without prescribing globules of *sac. lac*, and, if homoeopathic aggravation occurs, the patient may come and inform that he/she is feeling better after they stopped taking the medicine. It may produce a false impression in the patient’s mind and the efficacy of the medicine is not visible even though the right medicine is prescribed. Hence, decide on *sac. lac* according to the need. Hahnemann’s keen perception made him choose sugar of milk for the preparation of mineral drugs through trituration. *Sac. lac* is a product of animal life, prepared by evaporating the whey of the milk. To obtain a pure form of sugar of milk it

should be recrystallized.

Uses of *sac. lac* in homoeopathy



As a wait and watch remedy: *Sac. lac* is more useful in chronic diseases. The long and deep acting medicines require many days to produce their action and cannot be repeated frequently. Using *sac lac* is beneficial in those conditions. Hence it is used as a wait and watch remedy after the first prescription.⁴ *Sac. lac* keeps the mind of the patient at rest and allows the action of already operating medicine to complete.⁵ *Sac. lac* is prescribed in the form of placebo either to observe the development of symptoms or to permit an unperturbed action of previously administered remedy and at other times it may be required in cases that are earlier treated with allopathic medicines so that the original disease symptoms may be revealed.⁶ To some patients and their relatives who will be impatient, *sac. lac* is a boon.⁷

Building block of Trituration: Sugar of milk is the major constituent in the process of trituration. Its natural properties reinforce crude and hard mineral substances in grinding them into fine powder so that they can be easily absorbed by the body. The essence of mineral substances is transferred on to every granule of sugar of milk by converting the mineral substances into the nano particular state during the process of rubbing. It has very great property of preserving the minutest particles of triturated metals.⁸ In the process of trituration *saccharum lactis* has two important actions. Firstly, it will help in separating the particles of hard mineral substance

from each other while rubbing in a mortar with pestle, secondly, it will maintain the particles in divided state and does not allow the minute particles to unite again.⁹ Sugar of milk is used in the preparation of tincture triturations, which protects the tinctures from evaporation in tropical climates and retains their efficacy for a long period.¹⁰

To dispense medicines: Hahnemann advised to give *sac. lac* granules in the size of a poppy seed, though some physicians use globules of the size of a millet grain. About forty of the grains of poppy seed size would weigh about one and half grains. The globules are charged with the attenuated medicines and proper care must be taken so that the globules do not stick to each other. After the globules are impregnated with the alcoholic attenuations, they are properly dried and then stored in a well stopped bottle, to store in large quantities. The globules should not adhere to the walls of the bottle. The medicated globules have a dry and smooth hue, whereas in their natural form they are white and brilliant.¹¹

To prepare potentized medicines in decimal scale. Twelve tissue remedies of Schussler are prepared in decimal scale using Sugar of milk. It is also used in the preparation of resinoids.⁶

Propensity of being magnetized:

Saccharum lactis is used as a vehicle in the preparation of direct physical energy medicines.

Why to use the Power Pills?

Sac. lac is the friendly minion of homoeopathic remedies. It follows well with any remedy in the Homoeopathic Materia Medica. Neutral and nontoxic nature of *sac. lac* makes it a harmless armour to the homoeopathic remedies.

The least action produced by *sac. lac* upon the system of any substance models it to be best adapted as a diluent for remedies prepared through the process of trituration.¹² It is not a fact that *saccharum lactis* will destroy the action of highly potentized dilutions. It remains the simple media and a same unit throughout and it cannot be potentized.¹³

One or two globules made from milk sugar can be given to infants to calm them during irritability.

It can be prescribed in psychosomatic conditions, as a well disguised deception, as advised by Hahnemann in the Organon of Medicine.

What does research say about *sac. lac*

Numerous research like randomized placebo-controlled trials have been conducted hitherto using saccharum lactis as a control. It is being used not only in the disease study of patients but also in newly emerging plant-based studies like agro-homoeopathy.

CONCLUSION

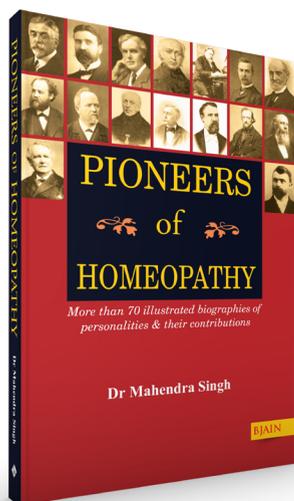
Sac. lac, the everyday medicine in homoeopathy, has invaluable contribution. The inert nature of *sac. lac* makes it a substantial remedy. It can be used in various forms like powder of sugar of milk, globules made from sugar of milk and in the preparation of 12 tissue remedies, the biochemic medicines of Dr Schussler. *Sac. lac* used in the form of placebo helps the patient from being overdrugged. Application of *sac. lac* in practice does not require much experience but, educating the patient, merely, who has a misconception of empty pills, that the medicines prescribed are not placebo rather medicated globules which help when there will be a slight homoeopathic aggravation, is the physician's responsibility. Attention should be given while prescribing globules in the form of placebo, to soak with liquid dilution of saccharum

lactis, otherwise, the patient may feel distressed and complain of being given only sweet pills.

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 BJAIN



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Pioneers of Homeopathy

- ▶ *The book encompasses the grapple, professional journey, disciples, contribution, enlightening accomplishments and much more of about 70 zealots of Homoeopathy.*
- ▶ *The source material and bibliography has been listed at the end of each biography that authenticates the content.*
- ▶ *The author has made an effort to include the doctors from around the globe, along with the Indian stalwarts.*
- ▶ *Pioneers of Homoeopathy is a treasure for every budding Homoeopath as it has assembled the biographies of many of the Homoeopathic stalwarts altogether.*

Homoeopathy for PCOS – A Case Report

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Keywords

PCOS, homeopathic approach, epidemic hirsutism, infertility, oligomenorrhoea, amenorrhoea.

Abstract

This article gives an account on the Polycystic Ovarian Syndrome and a case study illustrating treatment with an individualised homeopathic approach that proved to be beneficial.

Introduction

Polycystic Ovarian Syndrome is the most common endocrine disorder of reproductive age women. It is also the most common cause of hirsutism. Almost 15% of women (1/5th) have PCOS problems.

It may impaired the psychosocial health of a woman as it affects the appearance and confidence of women due to increasing weight, menstrual abnormalities, infertility, hirsutism, hair loss, and pimples on face.

Erstwhile in 1980, PCOS was known as Stein-Leventhal Syndrome.

Etiopathogenesis

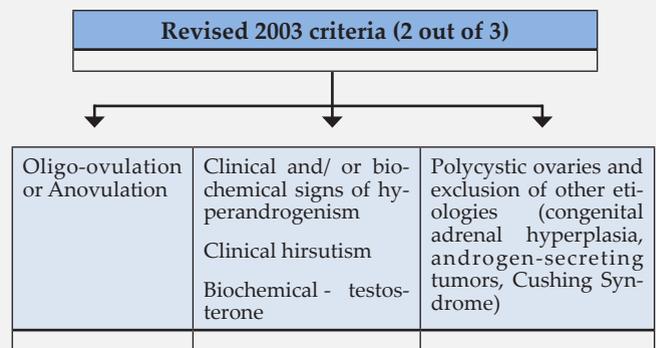
There are multiple factors to explain the pathogenesis of PCOS. 1) A change in the secretion of Gonadotropin leasing hormone leads to elevate the secretion of luteinizing hormone. 2) Insulin resistance. 3) An alteration in androgen synthesis that results in increased ovarian androgen production. 4) Genetic and environmental factors. 5) Obesity results in Insulin resistance that leads to metabolic disturbance as well as reproductive features. Increased level of androgen causes reduced Sex Hormone Binding Globulin (SHBG) level.

Clinical Features

Main features of PCOS are anovulation, irregular menstrual cycle and increased androgen level. Hirsutism, infertility, obesity, metabolic syndrome, diabetes and obstructive sleep apnea are one of the most common features of PCOS .

Elevated androgen levels lead to increased sebum production which may result in acne. Acanthosis nigricans which is the hyper pigmented and velvety skin and it appears in person's with insulin resistance. Acanthosis nigricans involve the axilla, nape of the neck, and breasts.

Diagnosis



Differential diagnosis

Polycystic ovarian syndrome is to be differentially diagnosed from, Hypothyroidism,

Hyperprolactinemia, Ovarian tumour, Pregnancy, Cushing's, syndrome etc.

Laboratory Investigations

Following are the biochemical investigations need to be done: FSH, LH, Prolactine, Lipid profile, TSH, free testosterone level, fasting insulin, Glucose tolerance test etc.

Homoeopathy Approach in PCOS

As mentioned above PCOS affects the appearance and confidence of women due to increasing weight, menstrual abnormalities, infertility,

hirsutism, hair loss, and pimples on face. Anxiety and depression are common symptoms in PCOS due to obesity and metabolic problems. These psychological problems cannot be cured by taking oral contraceptive pills. Instead it can be cured by a holistic approach of homeopathy and maintaining the lifestyle. Dr Samuel Hahnemann has mentioned how to take the case of females in chronic diseases in the footnote of aphorism number 94 of *Organon of medicine*.

Homeopathic approach in PCOS based on individualization of patients through constitutional point of view, proper case taking emphasizing on mental, physical and genetic factors.

As PCOS is a lifestyle condition it is necessary to maintain a healthy lifestyle which includes regular exercise, balanced diet, adequate sleep, as well as other lifestyle changes.

Thus, proper case taking, analyses, evaluation of cases, repertorisation along with maintaining the lifestyle is an ideal way to treat PCOS problem.

Case Study

A PCOS case successfully treated with a homeopathic approach based on Individualization has been described below.

Patient Detail

A 24 year old unmarried girl came to my clinic **dated** -09/07/2023 at Dilshad garden Delhi 110095 with the diagnosis of PCOS. She was tall, fair complexioned and of heavy build. She complained of amenorrhea for 4 months, scanty menses for 3 years, intermittent pain at right iliac fossa for 1 year. Along with these she complained about irritability, increased sweet desire since 7 months, increasing weight (especially of thigh portion), bloating in abdomen.

History of present Complaint

Her menstrual cycle was apparently well 3 years ago, then she developed a scanty period for 2-3 days only (used to have a 5 day period). Visited an allopathic doctor for the same, then started to take Oral Contraceptive pills for 3 months. She had a regular period for a few months, but again she started to have a scanty period followed by an intermittent one. For the last 4 months she didn't have a period.

LMP: 9/03/2023.

Past History

She underwent a minor operation for Fistula 4years back.

Family History

Mother: HTN since 15 years, but all other family members are healthy.

Personal History

She is a student preparing for the competitive exam (leading sedentary life).

Physical generals

- Appetite: increased, heaviness after eating with flatulence.
- Thermal: Hot
- Desires: sweets (increased in a year) and warm food
- Stools: Usually constipated
- Sleep: disturbed, usually sleep on the right side.

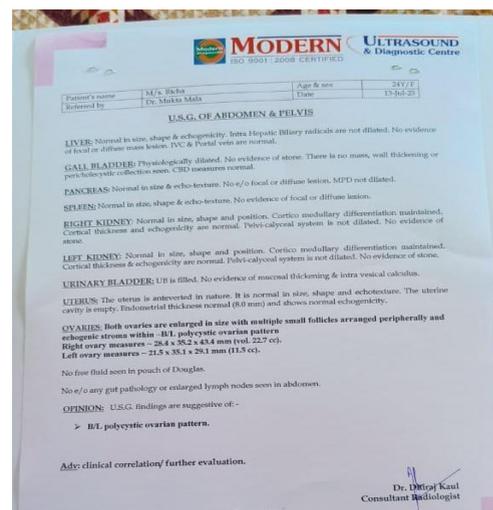
Mental Generals

Patient was stressed due to domestic circumstances. As she wanted to study but her parents were trying to convince her to marry. She talked about her domestic condition while crying.

Investigations

Ultrasound report dated 13/07/23 – Impression - PCOD (Rt Ovary – Vol.22.7cc and Lt Ovary – Vol.11.5cc) (*Figure:1*)

Figure –1



Prescription & Follow-up

After proper repertorisation (Figure: 2) and referring Materia Medica Lycopodium was selected. She was prescribed Lycopodium 200 once in a week and Sac. Lac 30 once a day for three weeks.

Kent's Repertory

GENITALIA FEMALE; TUMORS; Ovaries: Apis., Lach., Lyc., ars, bar-m., calc., coloco., iod., plat., podo.,

apoc., ars- fl -ac, graph., hep, staph, stram., syph, thuj, zinc.

Figure:2

	lyc.	phos.	sulph.	sep.	pubs.	ars.	flux-v.	apis.	bar-m.	calc.	coloco.	causa
1. MIND - WEEPING tearful mood, etc (167) 1	3	2	3	3	3	1	2	3	2	3	2	3
2. HEAD - HAIR - gray, becomes (11) 1	3	-	-	-	2	-	-	-	-	-	-	-
3. STOMACH - DESIRES - cold drinks (95) 1	2	3	1	2	1	3	1	-	2	2	2	2
4. STOMACH - DESIRES - highly seasoned... (11) 1	-	3	3	1	1	-	2	-	-	-	-	-
5. STOMACH - THIRSTLESS (87) 1	2	1	1	2	3	2	1	3	2	-	1	1
6. RECTUM - CONSTIPATION (213) 1	3	3	3	3	2	3	3	3	2	3	3	3
7. STOOL - HARD (184) 1	3	3	3	3	2	3	2	2	3	2	2	1
8. FEMALE GENITALIA - MENSES, - irregular (61) 1	2	1	2	2	1	-	2	2	2	2	2	2
9. FEMALE GENITALIA - MENSES, - scanty (101) 1	2	3	3	3	3	2	2	2	2	1	2	2
10. FEMALE GENITALIA - TUMORS - Ovaries (20) 1	3	-	-	-	-	2	-	3	-	2	-	-
11. SLEEP - UNREFRESHING (111) 1	2	3	2	2	2	2	1	2	1	2	1	1
12. GENERALS - SWOLLEN sensation (112) 1	1	1	2	1	3	1	1	1	2	1	2	1

1st Follow up dated – 6/08/2023 = Period didn't appear but having cramps at hypo gastric region along with increased vaginal discharge since last week. Repeated the same prescription.

2nd Follow up dated – 27/08/2023 = Period appeared on 18/08/2023 for 2 days only. Given Sac Lac 30 twice in a day for next three weeks.

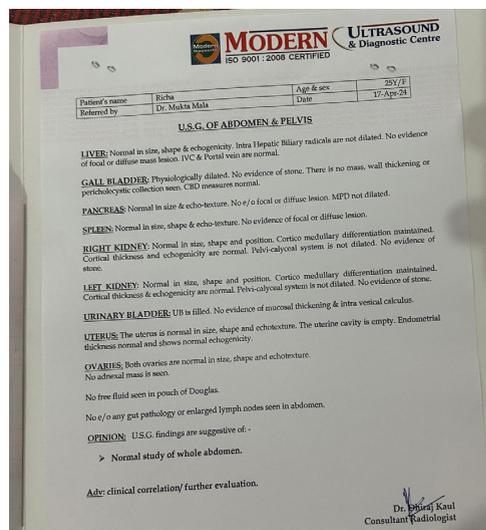
3rd Follow up dated – Period came on 14/09-2023, flow slightly increased as compared to the last cycle. Given Lycopodium 200 / week & Sacl. Lac 30 twice in a day for the next three weeks.

4th Follow up dated – 01/Oct/2023- Period is coming on time, along with increased flow and days of the cycle as well as there is improvement on mental general and physical general symptoms. Repeated the same prescription.

5th, 6th, 7th, 8th Follow up – Repeated the same prescription.

9th Follow – up – Patient came with the advised USG report dated – 17/ Apr/2024 Figure; 5. B/L Ovary size was normal. Mental general and physical general symptoms were remarkably improved. Weight reduced up to 3-4 kg.

Figure: 3



Advised: It was advised to her to continue the healthy lifestyle.

DISCUSSION

After proper case taking, evaluation, analyzing the PCOD case repertorisation was done and finally Lycopodium was selected. The case was followed up after every 3rd week.

Clinical symptoms and pelvic ultrasound were evaluated regularly. In the end it is observed that homeopathy not only cures PCOS at physical level but improves it at the psychological level also.

Declaration of patient consent

The authors certify that they have obtained appropriate

Patient has given the Consent for her documents related with the treatment, to be reported in the journal

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The Placebo – What , Why And How ?

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Keywords

placebo, second best remedy, dover's powder, similia similibus

Abstract

Placebos have been used in medicine since antiquity and may have been significant in improving health and quality of life when little was known about the aetiology of most illnesses. Most outcomes were likely due to a placebo effect since the available treatments were unproven or have since been proven invalid. For example, snake oil and bloodletting was a common practice in the past; however, those who responded positively to those treatments likely did so because of a placebo effect.

Introduction

DICTIONARY MEANING

1 (a): a usually pharmacologically inert preparation prescribed more for the mental relief of the patient than for its actual effect on a disorder

(b): an inert or innocuous substance used especially in controlled experiments testing the efficacy of another substance (such as a drug)

2 : something tending to soothe

Synonyms : NIHILINUM , PHYTUM , RUBRUM , LACTOPEN

How The Term Placebo Entered The Field

The term 'placebo' has not been part of medical usage for very long, but the phenomenon we

refer to as the 'placebo effect' has been known in medical as well as lay circles for a long time. It was not until the second third of the 18th century that the phenomenon, or at least a partial aspect of it, was first referred to as 'placebo'. In this period the term 'placebo' became part of medical jargon. In contrast to the prevailing opinion that it was the Scottish physician William Cullen (1710e1790) who introduced this expression into medical language in 1772, the credit must be given to another English-speaking physician, Alexander Sutherland of whom we hardly have any biographical information. But it was Cullen, one of the most influential professors at the Edinburgh Medical School, who disseminated this term in British medical circles. In 1772 he used for the first time the word 'placebo' in his popular clinical lectures. He referred to a patient to whom he gave an external application of mustard powder although he was not convinced of its specific effect: "I own that I did not trust much to it, but I gave it because it is necessary to give medicine, and as what I call a placebo. If I had thought of any internal medicine it would have been a dose of Dover's powders." In another case which he also considered to be hopeless he prescribed a kind of palliative medicine that was ineffective in his view. He justified his ethically doubtful decision as follows: "I prescribed therefore in pure placebo, but I make it a rule even in employing placebos to give what would have a tendency to be of use to the patient."(Cullen, 1772).

Dr.Stuart Close's View Regarding Placebo

Now just here comes the second best remedy

without which no good homoeopathist could long practice medicine. Its technical name is *saccharum lactis officinalis*; abbreviated *sac. lac.* or *s. I.*; just plain sugar of milk! The young homoeopath's best friend, the old doctor's reliance and a "very present help in time of trouble!"

The doctrine of placebo, from the Latin *placere*, to please-, future, placebo "I shall please," is as old as medicine itself.

Dr. Hahnemannian View Regarding Placebo

In **aphorism 91**, Hahnemann states, when the disease is of chronic character and patient has been taking medicine up to the time he is seen, the physician can leave him some days quite without medicine or meantime can administer something of an unmedicinal nature and defer to a subsequent period .

In case of hypochondriacs, when pure fabrication of symptoms comes, Hahnemann advises the physician "gives them nothing at all, or something quite "unmedicinal" in footnote to **aphorism 96**. **Aphorism 281**, states that when the improvement begins, in order to be convinced of this, the patient is left without any medicine for eight, ten, fifteen days, meanwhile giving him only some powders of sugar of milk .

Why (Utility Of The Placebo) Do We Use Placebo?

1. Both in acute or chronic diseases , when a well selected medicine continues its action , we should not disturb the case. During this period , we have to give placebo to keep the action of the medicine undisturbed.

2. During homoeopathic medicinal aggravation no medicine should be administered to the patient but for the satisfaction of the patient , we should give placebo because this type of aggravation subsides within a few hours to a few days.

3. When a patient comes to us after being over drugged from an allopathic or homeopathy system , generally it is found that the case does not give any clear indication for the selection of the similimum. Here we should prescribe placebo

at least for 10 to 15 days.

4. Placebo may be given to a patient who has an imaginary illness.

5. In homoeopathy ; we give a minimum quantity of medicine to the patient so for the mental satisfaction of the patient we should give a placebo.

How To Use Placebo

1. Let us glance at a few of the practical uses of the placebo. You are called to a new case. You see the patient and make your examination. You decide that it is a case for medication. You have written down your symptom-findings and glanced over the record. The case is difficult and you are not able to decide off hand what remedy is indicated. You must have time and opportunity to study it up. The patient and friends want something done at once. Rapidly you run over the case in your mind. This patient is seriously ill. To make a mistake in the first prescription might be fatal, or it might prejudice the case by confusing it so that a quick and satisfactory cure would be impossible. Your reputation in the new family will depend upon your success. You must retain the confidence of the patient but you must have time and make no mistake.

2. Another use for the second best remedy is as a supplement to the indicated remedy. Experience shows that Hahnemann was right when he advised that the remedy should be stopped as soon as signs of improvement appear, and the curative reaction be allowed to go on without further repetition of doses as long as it will. This, of course, refers to the cases where repeated doses are given from the beginning. When improvement begins and you desire to cease medication, you will simply substitute *sac. lac.* for the remedy and watch your case. We may give enough *sac. lac.* powders to last during the interval between visits, or a vial of blank tablets or pellets; but be sure to moisten the tablets and pellets with alcohol, or put some unmedicated pellets in the *sac. lac.* powders. Patients have a way of investigating powders sometimes and counting the pellets. If they find no pellets they may become suspicious.

The medicine case should always contain a vial of blank pellets properly labeled for such use. One friend of mine always carries a duplicate case of vials containing blank pellets, but labeled as medicines to disarm suspicion.

In the period between 1833 and 1835 more than half (54%) of Dr Hahnemann's prescriptions was placebo.

Is Homoeopathy A Placebo?

Many people still believe that homoeopathy is a placebo. For them it must come as a surprise that Hahnemann, unlike most of his contemporaries, was already familiar with a phenomenon which we call today the placebo effect. First, he differentiated clearly between the homoeopathic drugs administered in line with law of similar and such pharmaceutical substances he considered quite rightly as sham medicine ("for example" milk sugar). Second, as far as we know, he was the first physician who systematically used a single blinded approach in therapy .

Conclusion

More recently, however, experts have concluded that reacting to a placebo is not proof that a certain treatment doesn't work, but rather that another, non-pharmacological mechanism may be present. How placebo works is still not quite understood but , it involves complex neurobiological reaction that includes everything from increases in feel-good neurotransmitters, like endonephrines and, dopamine to greater activity in certain brain regions linked to moods, emotional reactions, and self-awareness. All of it can have therapeutic benefits. "The placebo effect is a way for your brain to tell the body what it needs to feel better," says Kaptchuk.

A Case study

Date of case taking :30/3/2024

A case of a 20 year old girl who came with a complaint of shoe bite history 2 months ago, pain ++ ,aggravation from touch, motion

Past history: acute gastroenteritis and urinary tract infection : before 6 months ago; treatment taken

Family history: mother : thyroid ;Father : diabetes mellitus

Physical generals

Appetite : decreased

Thirst : 13 – 14 glasses / day

Desire : spicy food , sour food

Aversion : brinjal

Stool : normal , satisfactory

Urine : normal

Perspiration : scanty , axilla , no odour present

Menstrual history : last menstrual date : 7/1/2024

Regular ; 3-4/28 days ; mild lower abdominal pain before and during menses Thermal : ambithermal

Mentals : much affected by bad news

Totality of symptoms

Much affected by bad news

Appetite : decreased

Desire for spicy and sour food

Aversion for brinjal

Shoe bite

Pain ++

Aggravation from touch and motion

Final remedy with its justification

Paeonia officinalis - the peculiar symptoms which are there in this patient nail injury from shoe bite , decreased appetite , aggravation from touch , motion , much affected by bad news by this remedy.

Posology

Susceptibility of the patient : moderate (because of age , structural changes , duration ,) Potency

choice : 200

Dose : 4 pills / twice a day / for 5 days

Follow ups

date	symptoms	prescription
5/4/2024	Pain reduced, appetite improved	Paeonia officinalis 200 4pills/ twice a day /5 days
	No any new complaint	
16/4/24	New complaint of anus pain ++ started , > continuous sitting ,< after passing stool	Rubrum 200 6 pills / TDS / 5 days
	once bleeding per rectum was there	
27/4/24	No bleeding per rectum since last 7 days; pain reduced	Rubrum 200 6 pills / TDS / 7 days
	Patient feel better , no new complaint	

Before Treatment (Left) & After Treatment (Right) Results



CONCLUSION

Here in this case due to overdose of Paeonia officinalis patient get medicinal aggravating symptoms new complaint of anus pain++ , and also once bleeding per rectum was there so here during homoeopathic medicinal aggravation no medicine should be administered to the patient but for the satisfaction of the patient , we should give placebo because this type of aggravation subsides within few hours to few days.

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Homeopathic Management of Juvenile Xanthogranuloma

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Keywords

Juvenile Xanthogranuloma, JXG, homeopathy, safe

Abstract

Juvenile xanthogranuloma (JXG) is a rare benign histiocytic disorder characterized by the presence of yellowish papules or nodules on the skin. It predominantly affects infants and young children. The lesions typically appear on the head, neck, trunk, and extremities, and they may vary in size and number. While the exact cause of JXG remains unclear, it is believed to result from an abnormal proliferation of histiocytes. JXG is considered rare, with an estimated incidence of 1 in 100,000 individuals. This case report highlights the successful management of JXG in a 1.5-year-old male child under the care of homeopathic treatment resulting in complete resolution of the lesions after three years of homeopathy. This paper emphasizes the effectiveness of homeopathy as a safe and non-invasive treatment option for JXG, focusing on stimulating the body's innate healing mechanisms to address the root cause of the condition, alleviate symptoms, and promote overall health and well-being.

Introduction

Juvenile xanthogranuloma (JXG) is a rare benign histiocytic disorder primarily affecting infants and young children, characterized by the development of yellowish nodules or papules on the skin. While the exact cause remains unknown, JXG is believed to result from an abnormal proliferation of histiocytes in the skin. Clinically, JXG typically presents as solitary or multiple skin lesions, varying in size and distribution, often appearing as

yellowish or reddish-brown papules or nodules. Although usually asymptomatic, these lesions may occasionally be accompanied by pruritus or tenderness. While JXG is generally benign, complications such as ulceration, bleeding, or ocular involvement can arise, necessitating appropriate management. In the realm of homeopathy, individualized treatment approaches are employed, focusing on addressing the underlying susceptibility and restoring the body's innate healing processes. Homeopathic remedies are selected based on the totality of symptoms, including the appearance, location, and associated sensations of the lesions, as well as the patient's overall constitution and predispositions. By aiming to rebalance the vital force and stimulate the body's self-healing mechanisms, homeopathy offers a gentle and holistic approach to managing JXG, potentially mitigating symptoms and preventing recurrence. Additionally, homeopathy emphasizes patient-centered care, providing a safe and non-invasive alternative for individuals seeking comprehensive and personalized treatment options for JXG.

Case Profile

A 4-month-old male child arrived in a pram with a complaint of multiple papulonodular lesions that have been present since he was 1 month old. Initially appearing on the scalp and two lesions in front of the left ear, the lesions have proliferated by the time he reached 3 months of age, now totaling 3-4 lesions on his back. Notably, one lesion on his leg occasionally bleeds due to scratching during rubbing as the size of the lesion was big. There are no reports of much itching or irritation. Born via cesarean section, Patient has received all vaccinations and is exclusively bottle-fed. A comprehensive examination was conducted to assess the lesions, with a particular focus on the bleed-

ing lesion. Differential diagnosis, investigations, and treatment was followed, along with patient education regarding the condition and its management. Collaboration with a dermatologist was considered for further evaluation. Before coming to us patient parents consulted different dermatologist – not carrying any rx with them

Few dermatologists misdiagnosed it as a case of molluscum contagiosum and warts suggesting laser treatment. Patient Parents don't want to go for any such treatment and as a last resort came to consult in homoeopathy with great hope.

Physical Generals

Diet	Non veg
Appetite	Bottle fed baby
Desire	ns
Aversion	ns
Thermal Reaction	Chilly
Thirst	Normal
Stools	Normal
Urine	Normal
Perspiration	Excessive on scalp
Sleep	Sleep well at night
Dreams	Cant say

Examination

The patient was examined, revealing the presence of multiple papulonodular lesions. These lesions

Results

Month	Symptoms	Prescription
1st month	Diagnosis not confirmed. Based on skin lesion appearance, medicine given	Rt 30 + Remedy dose 1, followed by biochemic sil 6x 2 tabs for 2 weeks
2nd month	Diagnosis: juvenile Xanthogranuloma; skin biopsy advised but denied	Rt 30 + Remedy dose 1, followed by biochemic sil 6x 2 tabs for 2 weeks
3rd month	New lesions appearing, constitutional medicine prescribed	Calc carb 200 as constitutional medicine, along with Rt 30 1 dose daily alternated with sil 6x
4th month	Few lesions suppressed, improvement noted	Rt 30 bd + sil 6x bd 2 tabs
5th month	Lesions smaller, no new lesions	Rt 30 bd + sil 6x bd 2 tabs with Thuja q la
6th month	Medication course continued	Rt 30 bd + sil 6x bd 2 tabs
7th month	Medication course continued	Rt 30 bd + sil 6x bd 2 tabs
8th month	Lesions larger, no new lesions, no itching	Rt 30 bd + sil 6x bd 2 tabs [antim tart for cough]
9th month	Medication course continued	Rt 30 bd + sil 6x bd 2 tabs
10th month	Medication course continued	Rt 30 bd + sil 6x bd 2 tabs
11th month	Medication course continued	Rt 30 bd + sil 6x bd 2 tabs
12th month	Old lesions larger, child now 1.5 years old	Rt 30 bd + sil 6x bd 2 tabs [bell 30 for coryza]

varied in size, with the largest ones noted on the leg and scalp.

Mental Generals

4 months old kid so no mental symptoms taken

Past History

Nothing significant

Family History

Nothing significant.

Both parents are healthy.

Case analysis

Due to the limited information available due to the young age of the child, it was challenging to repertorize the case comprehensively. However, Calcarea carbonica was prescribed based on the child's appearance, while the specific medicine for the skin lesion was selected based on its appearance.

Selection of Remedy

Remedy	Description
Constitutional	Calc carb 200-2 doses 1 ST week followed by sac lac for 1 wk Fair fat and flabby, Excessive sweat on head & single child
Acute	Rhus tox 30 and sil 6x both as specific
Intercurrent	Vesicular eruption Rt 30 and sil 6x [2 pills] one dose each /day initially as improvement came so prescribed 2 doses daily later on as case progressed

The Constitutional treatment was repeated after 2.5 years because the progress of the case had come to a standstill. Then, the patient was given Rhus tox 30 and Silicea 6x pills twice a day until all the sores were healed. The treatment lasted for 3 years, and the patient was completely cured.

Only one small dark spot remained near the chin, which the parents believe brings good luck to their child.

Discussion

The presented case outlines the management of a child with multiple papulonodular lesions, ultimately diagnosed as juvenile Xanthogranuloma. Due to the young age of the patient, diagnosis confirmation through skin biopsy was initially suggested but declined by the parents. Treatment initiation was based on the appearance of the skin lesions and the subsequent clinical response. Initially, empirical treatment with Rt 30 and subsequent biochemic sil 6x was administered, which provided temporary relief. Upon confirmation of the diagnosis in the second month, the same medication regimen was continued. However, with the appearance of new lesions in the third month, constitutional medicine Calc carb 200 was prescribed along with the previous regimen. Over the subsequent months, there was notable improvement, with lesions decreasing in size and no new lesions appearing. The treatment was continued, with variations in dosage and addition of Thuja q la for further improvement. Child was doing fine with above treatment however additional intervention with antim tart for wheezing cough and bell 30 for coryza again both specific as per requirements during subsequent follow up.

The treatment was continued for 3 yrs, by which all lesions almost gone giving utmost happiness to parents and to me as a treating dr

CONCLUSION

The management of juvenile Xanthogranuloma in this case presented several challenges due to the patient's young age and the nature of the condition. Despite the initial reluctance for invasive diagnostic procedures, empirical treatment based on clinical observation and symptomatology provided some relief initially.

However, a relapse was observed later in the course of treatment, necessitating adjustments in medication. The overall response to treatment was favorable, with a reduction in lesion size and absence of new lesions for a significant period. This case highlights the importance of clinical judgment and flexibility in treatment approaches, especially in cases where definitive diagnosis may be challenging to obtain. Here due to paucity of symptoms, based on child appearance and character of lesion medicines were prescribed and got miraculous results for a disease where dermatologist was suggesting laser tt for small child

The transformation

My child was suffering from juvenile xanthoma granulomum and we consulted a renowned dermatologist who told us that it has to be treated with laser which as parents we were not ready to go for so consulted with dr Reena whom we trusted and started treatment for our kid. Now after 3 yrs of tt lesions have completely gone. We are quite happy with tt that without any surgical or laser tt my child has come out of the problem. Highly recommend

6:03 pm



Acknowledgments

I take this opportunity to thank those who have helped and supported me personally and professionally during this case study

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Homoeopathic Treatment Of Verruca Vulgaris : A Case Report

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Keywords

Verruca vulgaris, Homoeopathy, Sepia officinalis.

Abstract

Verruca vulgaris is the most common, benign skin disease caused by human papillomavirus (HPV). This disease has cosmetic and psychological impact in daily life. Homoeopathy offers a salutary treatment for the removal of warts almost permanently by internal medication only. This is a case of 48 years lady having verruca vulgaris between hallux

(Big toe) and index toe of left foot, which was very painful. Individualised homoeopathic medicine Sepia officinalis 200 was prescribed and within 55days of treatment ,the wart has completely disappeared without any use of local treatment.

Introduction

Verruca vulgaris (VV) is a common skin disorder caused by human papillomavirus (HPV) infection[1]. The condition typically affects mucous membranes and epithelial tissues, and it is sometimes referred to as common warts. Verruca vulgaris is a benign epidermal growth with rare malignant changes [2]. Hyperkeratosis, papillomatosis, and epidermal hyperplasia are the most common clinical manifestation.[3,4] Verruca vulgaris may spread easily even by direct touch, inoculation, and trauma, leading to its high incidence.They are common worldwide

and affect approximately 10% of the population. In school-aged children, the prevalence is as high as 10% to 20% , but can occur at any age especially among immunosuppressed patients and meat handlers [5] . VV is often found on hands, arms, and legs. HPV type and location affect the clinical appearance of verrucae. The first sign[6] is a smooth skin-coloured papule, often more easily felt than seen. As the lesion enlarges, its irregular hyperkeratotic surface and vertical shouderes give it the classic 'wart' appearance. The diagnosis is based on clinical examination and usually straight forward by visual inspection. Several treatments including surgery, cryotherapy, electrocauterization, laser or topical agents are being used for eradicating the lesions; but many studies reported about their recurrence after this treatments.[7] Though sometimes, it is a self limiting disease but on an average it takes about 1-2 years for resolution,[3] during which the affected person suffers from cosmetic disfigurement. Thus it is essential to get rid of the disease as soon as possible . In homeopathic system, warts are classified under one-sided disease, i.e diseases which have very few expressions in terms of symptoms.Under this, it is further categorized under external-local maladies. Almost all adventitious formations, from the common wart on the finger up to the largest sarcomatous tumor, from the malformations of the finger-nails up to the swellings of the bones and the curvature of the spine, and many other softenings and deformities of the bones, both at an early and at a more advanced age, are caused by

the Psora.[8] Homoeopathic treatment is based on the fundamental principles of individualization and the “law of similars” and aims to stimulate the body’s vital force to overcome the underlying imbalance. The choice of remedy for treating warts takes into account not only the physical characteristics of the warts but also the unique aspects of the individual’s overall health. Different homeopathic remedies may be considered based on the location, appearance, and modalities of the warts, as well as the person’s emotional and mental state.

Patient Information

On 17th June 2023, a 48 years old female came to the Outpatient Department of The Calcutta Homoeopathic Medical College and Hospital (CHMCH), Kolkata ,with a complaint of whitish, irregular, hard growth between Hallux (Big toe) and index toe of left foot, which was very painful. Especially while walking barefoot for the last 2 months.

History of present complaints

It started around 2 months ago, at first a swelling appeared between her two toes with mild soreness, and it was slightly wet and painful on walking, but pain increased gradually. She consulted a dermatologist and took allopathic medicines and applied ointment, but no relief.

Past History

Pneumonia in childhood

Known case of Diabetes mellitus and on regular medication.

Family History

Mother & Father are known cases of Hypertension & Diabetes Mellitus.

Personal History

She is a housewife with 1 child. She lives in a well-ventilated environment with adequate exposure to sun. She has frequent irregularities in her diet, and doesn’t eat meals at the proper time.

Homoeopathic Generals

Mental Generals:

She is a mild and gentle lady but doesn’t like

crowds. Prefers to stay alone ,and talk less. Always worried and sad about her daughter (who is in a bad marriage).

Physical Generals:

She is chilly and cannot tolerate cold in general. She has a tendency of easily catching cold. She has a general weakness over whole body all the time ,which doesn’t allow her to work. She

has increased appetite, and can’t tolerate hunger, and drinks frequently while eating. She has more desire for salty foods and fish. Her bowel habit is regular but unsatisfactory, and soft in consistency and has external piles sometimes with bleeding per rectum. She has scanty perspiration. She has attained her menopause around 1 year ago.

Particulars :

The patient has a whitish irregular hard growth between Hallux (Big toe) and index toe of left foot, which was very painful. Especially while walking barefoot for the last 2 months. She has a burning sensation in both feet and has thick ridge nails. Her face has dark brown spots over the nose.

Diagnostic Assessment

Diagnosis was made on local examination, and presenting symptoms. It is a case of verruca vulgaris.

FIGURE 1: PIC OF FEET ON 17TH JUNE 2023 AT OPD OF CHMCH



Analysis & Evaluation Of Symptoms

characteristics mental general	<ul style="list-style-type: none"> • mild and gentle disposition • prefer to be alone, doesn't like much crowd • sad, thinking of her daughter
Characteristics P h y s i c a l General	<ul style="list-style-type: none"> • Weakness • Chilly Patient • General Tendency To Catch Cold • Desire Salt⁺⁺ • Perspiration – Scanty

Characteristics Particular	<ul style="list-style-type: none"> • Verruca on Left Foot • Burning Feet • Face Dark, Brownish Spotted • Tongue White Coated
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• Stool – unsatisfactory with external piles.

Table 1: Table showing Analysis & Evaluation of Symptoms
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Totality Of Symptoms

Causation	• Fundamental
Characteristics Mental general	<ul style="list-style-type: none"> • Mild and Gentle Disposition • Prefer to be alone, doesn't like much crowd • Sad, thinking of her Daughter
Characteristics P h y s i c a l general	<ul style="list-style-type: none"> • Weakness • Chilly Patient • General tendency to catch cold • Desire SALT⁺⁺ • Perspiration – Scanty
Characteristics Particular	<ul style="list-style-type: none"> • Verruca on Left Foot • Burning Feet • Face Dark, Brownish Spotted • Tongue White Coated • Stool – unsatisfactory with external piles.

Table 2: Table showing Totality of Symptoms

Miasmatic Analysis [9 ,10]

SYMPTOMS	• MIASM
Chilly and Susceptible to Cold	• Latent Psora
Burning of Soles	• Latent Psora
Ravenous hunger	• Latent Psora
Piles	• Psora
Wart	• Sycosis
Thick, Ridge Nails	• Sycosis
Face Dark, Brownish Spots	• Psora, Syphilis

Table 3: Table showing Miasmatic analysis

Concept Of J H Allen[8]

Verruca vulgaris, a common wart, is often found in the rectum and sexual organs. It is characterized by its persistence of character and stubbornness, which can be suppressed through local measures like potash, strong acids, cautery, or electrolysis. These warty growths also show the response to antisycotic remedies, highlighting the presence of both Psora and Sycosis in the formation of these warts. (Page no 52) Filiform variety of Sycosis appears in adults who have suppressed the disease, often after secondary inflammations have subsided. They appear on sexual organs or trunks, often in groups of a dozen or two. They are small, brownish or greyish brown, pointed at the end with spindle-like attachments. In children or young people, they appear around the eyelids and neck.

Thus , we can say the case has dominance of both latent psora and sycosis.

Repertorial Analysis

Remedy Name	Nat-m	Calc	Sulph	Phos	Sep	Sil	Graph	Nit-ac	Ars	Carb-an	Lyc	Nux-v
Totality	22	20	20	20	19	19	19	18	18	17	17	17
Symptoms Covered	8	9	9	8	9	8	7	7	6	7	7	7
Kingdom												
[Kent] [Mind]Company:Aversion to:	3	1	2	1	2		1			3	2	3
[Kent] [Mind]Sadness,mental depression:	3	3	3	2	3	2	3	3	3	3	3	2
[Kent] [Mind]Mildness:	3	2	2	2	2	3		2	3	1	2	
[Kent] [Stomach]Appetite:Increased (hunger in general):	3	3	3	3	2	2	3	2	3	2	3	3
[Kent] [Stomach]Desires:Salt things:	3	2	1	3				2				
[Kent] [Rectum]Haemorrhoids:	2	2	3	3	3	2	3	3	3	3	3	3
[Kent] [Perspiration]Scanty sweat:					1	1						1
[Kent] [Extremities]Thick :Nails:		1	1		1	3	3					
[Kent] [Generalities]Weakness, enervation (see lassitude, weariness):	3	3	3	3	3	3	3	3	3	2	2	2
[Kent] [Generalities]Heat:Vital,lack of:	2	3	2	3	2	3	3	3	3	3	2	3

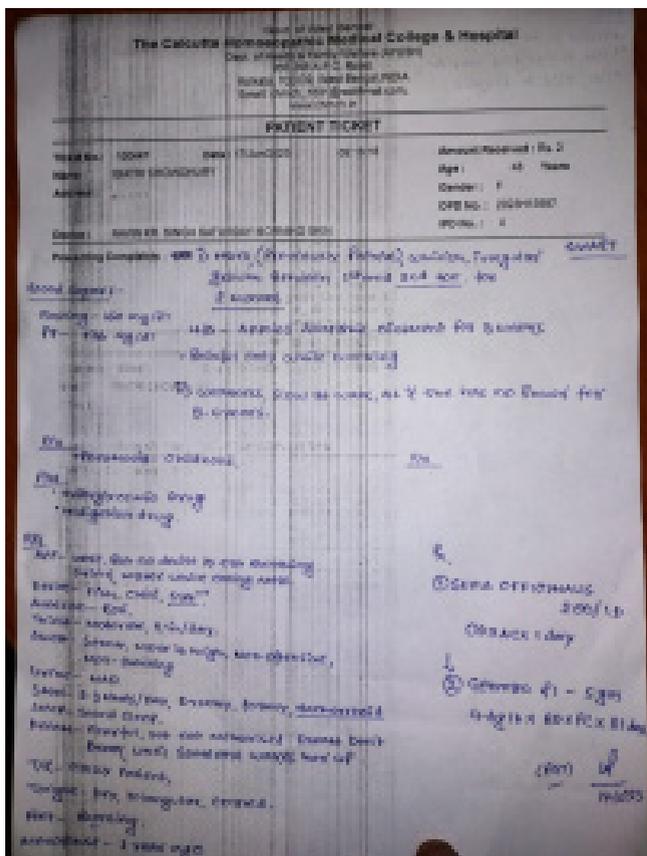
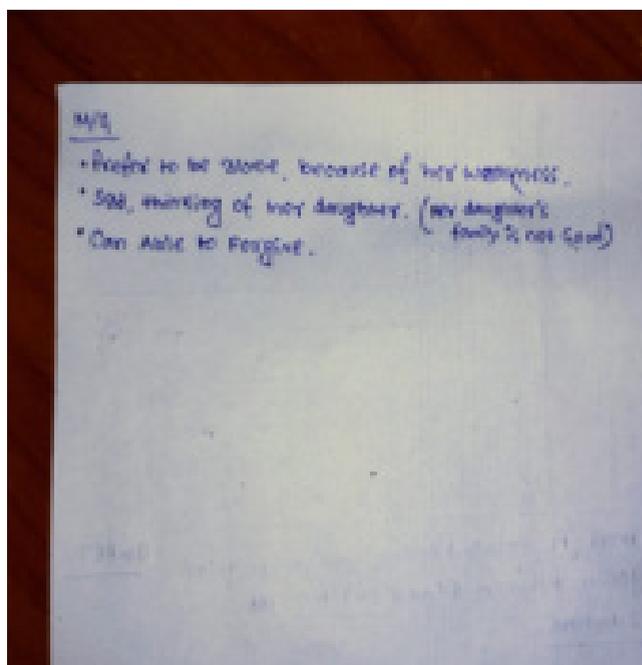
Repertorial Selection

Natrum muriaticum ,as it covers maximum symptoms and obtain highest marks

Final Selection Of Medicine

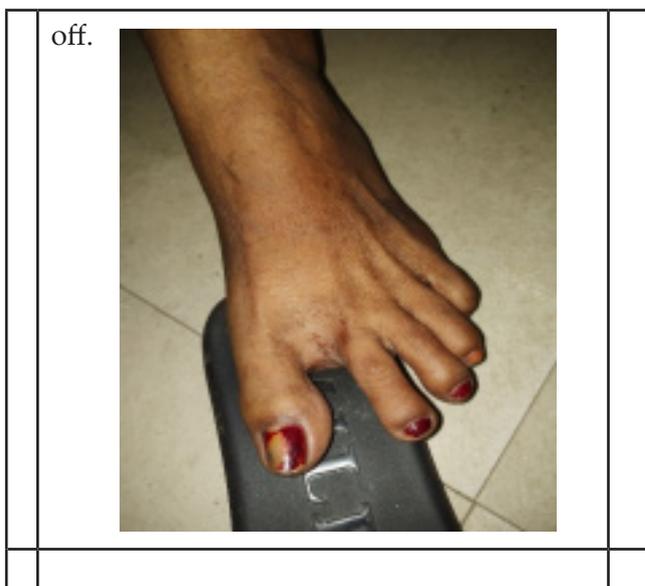
Considering the whole case ,and after consulting with the Materia medica, the medicine is: SEPIA OFFICINALIS 200.

Prescription



Follow Up

Date	Complaints	Prescription
8.08.2023	Pain and burning sensation decreased.	Placebo 30/ 30 doses
12.09.2023	No pain or any other complaints. The verruca sheds	Placebo 200/30 doses



Discussion

Verruca vulgaris, also known as common warts, is benign lesions caused by the non-malignant human papillomavirus, which may be transmitted by direct or indirect contact and lead to cosmetic concerns. Homoeopathy has a wonderful success rate in skin disease where it not only preserves the cosmetic value but also restricts the further deeper systemic involvements.

In this case, on the first visit the patient was prescribed *Sepia Officinalis* 200/1 dose on the basis of totality of symptoms as well as clinical correlation of the case. The lady has attained menopause with a preference of being alone. She has freckles over her face and is chilly with a tendency to catch cold. She has great weakness with lassitude and always wants energy to do work. The nails are thick ridges and the wart has horny excrescences in the centre. These features help us to choose *sepia officinalis* as the first prescription. After 1 month, the pain and burning decreased with overall general improvement of the health of the patient. So, as per the Homoeopathic philosophy the patient was prescribed placebo for another 3 weeks. The next follow up showed almost disappearance of the verruca (As visible in the photo) and behavioral changes also noted in that lady along with the improvement of other systemic complaints like appetite, bowel habit and others. So, the patient was prescribed

placebo for another 1 month. Homoeopathy being the only way to treat in the holistic manner brought its success in not only the dermatological symptoms but also in the overall physical and psycho dynamic plain of the patient. This study suggests that Homoeopathy can successfully encounter a viral infection with prompt recovery of the patient.

CONCLUSION

Dr. Hahnemann explained § 185 of Organon of medicine explained about the treatment of local diseases that the administration of remedy must be homoeopathic not only to the character of those local affections but also to the totality of the symptoms that the patient presents. This case

report highlights the potential of Homeopathic remedies, with promising results in improving the verruca vulgaris without the need for external application. It further reinforces the efficacy of Homeopathic medicines in treating such cases, emphasizing their therapeutic value and robust potency.

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Kent's Comparative Repertory Of The Homoeopathic Materia Medica With An Overview Of The Mind Section: A Book Review

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Keywords

Repertory of Homoeopathic Materia Medica, Mind, Mental rubrics, Homoeopathy, Kent's Comparative Repertory of the Homoeopathic Materia Medica with an overview on mind section, Dr.J.T.Kent, Dr.R.Dockx & Dr.G.Kokelenberg

Abstract

Kent's Comparative Repertory Of The Homoeopathic Materia Medica With An Overview Of The Mind Section by Dr.R.Dockx & Dr.G.Kokelenberg is the elaborative index of repertory of homoeopathic Materia medica with special emphasize on mind section which provides the rational explanation of mind rubrics in the simplest language along with the finer differentiation of remedies given under that rubric from the various authentic source & thus bridges the Materia medica & repertory through their excellent explanation on rubrics of mind section. It complements the mind section of the repertory of homeopathic Materia medica & thus provides easy adaptability of it.

Introduction

Repertory of Homoeopathic Materia Medica is one of the legendary works gifted to the Homoeopathic world by Dr. James Tyler Kent in 1897 compiled on the basis of sound philosophy and deductive logic & comprehensible plan & construction. Wonderful cures have been made during last 125 years & still counting in 21st century as no such work has offered to compete or substitute this literature. Kent has tried to give a rational explanation of his philosophy. Even though it was one of the most complete & artistic work of repertory field it underwent so many of American & Indian editions due to ever increasing record of drug proving in our Materia medica & added

clinical experiments & observation. So, following that many stalwarts have started a work in direction to supplement the repertory of homoeopathic Materia medica like Barthel & klunker, Friedrich schroyens etc. Some of them started working on miasmatic classification of rubrics of Kent's repertory & so on.

Kent's Comparative Repertory of The Homoeopathic Materia Medica is one of such work under which first time in the history of repertory medicines placed against rubric have been compared & differentiated from authentic source book specially in mind section to make the repertory more comprehensive.

Title Of The Book: Kent's Comparative Repertory of The Homoeopathic Materia Medica with An Overview of The Mind Section

Author: Dr.R.Dockx, Dr.G.Kokelenberg

Year Of Publication: Editions:1st Indian edition 1996

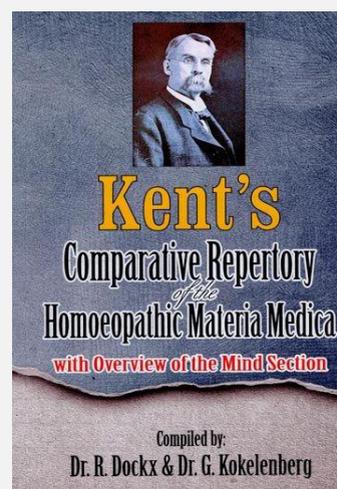
Drugs;792

Pages;543

Chapters;37

This book consists of 7 parts.

1. Contents
2. Bibliography
3. Introduction
4. Preface
5. Reference list
6. Remedies & their abbreviation
7. Repertory part proper



1ST PART

It comprises the index of 37 chapters arranged alphabetically along with page numbers where it starts. It starts from abdomen & ends with vision.

2ND PART

It is the bibliography part of 24 books with name of their author.

3RD PART

This part has been written by Dr. R. Dockx, Dr. G. Klokelengerg

In this part in first paragraph author defines the problem with younger homoeopath that is conversion of patient's symptoms in the proper language of Kent's repertory

In 2nd paragraph he mentions solution that problem can be encountered by getting familiar with the word rubric, sub-rubric, additional rubric, cross references.

In 3rd paragraph the purpose behind this repertory is mentioned that is to study Kent's repertory of homeopathic Materia medica page by page, rubric by rubric specially in mind section & wherever possible remedy by remedy.

& Then in consequent paragraph mention about how to take mental symptom & its interpretation without any preconceived notion, its importance in pediatric case, role of attendant in case taking 'its interrogation without framing any leading question. Its importance in repertorization & finally on prescription part.

Where he writes "if you doubt mental symptoms then drop them, & prescribe upon generals & locals & keynotes"

4 gradings have been used

STAPH=4th degree

Staph= 3rd degree

Staph=2nd degree

Staph=1st degree

Abbreviation used in repertory part

DD=differential diagnosis

agg=aggravation

amel=amelioration

Cross-ref=cross reference

4TH PART

This part is the preface part where he mentions about obstacles faced while using Kent's repertory, work done on Kent's repertory in post kentian era & how this work would be useful & what's new has been added in this work & what could be the possible drawback

5TH PART

This is the reference part where they mention about the list of 36 reference following serial number

6TH PART

Where list of 792 drugs along with their abbreviation has been mentioned.

7TH PART

Under this part proper repertory has been discussed.

Repertory In Detail

- It follows the plan & construction of repertory of homoeopathic Materia medica by Dr. James Tyler Kent.
- Arrangement of 37 chapters follows Hahnemannian anatomical schema
- Each page divided by vertical line.
- Rubrics, sub-rubrics are arranged in alphabetical order.
- Lots of new rubrics & sub-rubrics have been added.
- Many Medicines have been added other than Kent's repertory
- Rubrics are given in bold capital.
- Differential diagnosis of remedies has been given.
- Mind chapter is the biggest chapter (182 pages) & has large number of rubrics while prostate is the shortest chapter (1 page) has only 4 rubrics.

Merits Of The Repertory

1. Title has absolute good matching with the contents of repertory.

2. First time in the history of repertory the differential diagnosis of the remedies against rubrics have been inserted which provides the clear understanding of remedies for prescription.
3. Even though it's not the complete work but still additions & corrections in the rubrics & remedies by the eminent homoeopath around the globe have been attempted.
4. Number of remedies are quite good (792) which are sufficient for effective homoeopathic prescription.
5. Mind section has been explained elaboratively (193 pages) with good comparison of remedies, cross reference & abundant rubrics.
6. Cross references are given along with page number which provides ease in referring.
7. Author has tried to solve the purpose of understanding of rubric in simplest language which was one of the big obstacles for younger homoeopath while handling repertory of homeopathic Materia medica.
8. In between the rubrics they have given explanation about drugs & their use, bowel nosodes, psychic symptoms.
9. In certain chapters there is direction given about use of potency, mode of administration of remedies, vaccination.
10. The clinical condition which can be used for

particular rubrics have been added.

11. Along with the drugs sources are also mentioned so in doubtful cases facilitates easy verification.
12. Important remedies have been discussed first under the general rubric & then sub-rubrics are given.
13. Under chapter "generalities" cold remedies & warm remedies has been differentiated in detail

Demerits Of The Repertory

1. This repertory can complement the repertory of homoeopathic Materia medica but cannot substitute for its sound philosophy, plan & construction & its completeness.
2. Only mind section has been explained elaboratively.
3. It cannot be used for systemic
4. repertorization like other logico-utilitarian repertories.
5. Fever chapter has not given elaboratively, only few medicines have been explained
6. All the drugs have not been discussed under rubrics.

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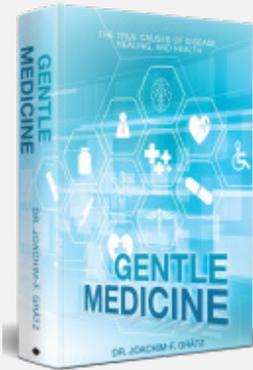
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Gentle Medicine – The True Causes Of Disease, Healing, And Health

Dr. Firuzi Mehta

H.M.D. from the British Institute of Homoeopathy, London



Author: Dr. Joachim-F. Grätz

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Reviewed by Dr. Firuzi Mehta, Mumbai, India - November 2022

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About the reviewer

Dr. Firuzi Mehta was brought up with homeopathy and qualified as a homeopathic physician in 1996. She then did her H.M.D. from the British Institute of Homoeopathy, London in 1998 and also studied Iscador Therapy for Cancer from the Lukas Klinik, Switzerland. She completed Prof. George Vithoulkas' e-learning diploma programme from The International Academy of Homeopathy, Greece, a few years ago. She has been part of the team of www.hpathy.com since 2008. She practices in Mumbai, India.

My Perspective on the Book

Health, today, stands at a precarious junction. Over the last century, 'advances' in medicine have made huge strides in terms of new discoveries,

technology, etc. However, the health of humankind hasn't really improved alongside. We have traded, in exchange, acute infectious illnesses for deeper chronic ailments. Perhaps the last century has seen an increase in mankind's life span, but the quality of life is questionable, living with myriad chronic ailments and a handful or more of chemical drugs on a daily basis to keep existence going.

1. This brings us to question whether we are headed in the right direction. Are we creating health? Or, are we, with our 'fantastic' medical treatments, pushing our human bodies towards further destruction and ill-health? The way things are moving, I do not think that the increase in life spans will last more than a few generations. People are developing

dangerous chronic illnesses at a much younger age nowadays and this will eventually lead to earlier deaths, unless something dramatically changes in the way we perceive health and disease and hence change the way we treat.

Dr. Joachim-F. Grätz's book, "**Gentle Medicine – The True Causes of Disease, Healing and Health**" is a book that, I feel strongly, should be read by everyone – not just health professionals, because every human being has a stake and role to play in the maintenance of their own health, for their own sake and for their future generations. For health professionals who truly care to make a positive change to the health of their patients and who are disturbed by what they see happening today in the name of medicine, this book is a must-read.

Throughout the book, Dr. Grätz reinforces, time and again, the universal laws of nature and how the correct medical approach has to be one that works with these laws, not against them. The book highlights, case after case, how current mainstream

medical practices try to bring about removal of the manifestations of illness, without ever touching the root cause and how repeated suppressions of this type over the years, lead to worsening health and the development of newer, deeper diseases. Dr. Grätz does not present theories or hypotheses. Nor does he ask one to have faith or belief in a system. It is purely about the facts of natural laws and their application for the benefit of not just the individual but humanity at large, in the long run.

As Dr. Grätz writes, this book gives us a new perspective and understanding of health and disease. For classical homeopaths, much of it is not really new, but it serves to clarify, reinforce and strengthen our understanding of health, disease and classical homeopathy. We will start seeing the underlying patterns of wrong treatment, which over the years, actually create disease. We will realise that disease never happens 'just by chance'.

The book begins with a review of today's healthcare system. It is a very interesting chapter and will be an eye-opener in a lot of ways. This book brings to light many of the scientific frauds perpetuated in the past and turns some pre-existing concepts on their heads with logic and rational thinking. It lists harrowing stories of some of the atrocities being done

2. in the name of development and science even in recent years. When we studied medicine, we learnt about the horrendous treatment methods used in the past. With an open mind, we can see that things are not much different today, only they are couched in fancy terminology and explained away as the latest revolutionary advances in medicine. This chapter definitely raises a lot of key questions that need to be asked. Regular medicine is anything but 'gentle'. Restoring health to patients using modern methods is almost impossible. The focus of disease is, at best, just shifted from one place to another. The author clearly accepts the important role that conventional medicine plays in life-saving and emergency use, but he reiterates its complete inadequacy in treating any chronic ailment with any goal of real cure.

The next chapter is devoted to the Chronic Laws of Classical Homeopathy. A well-written chapter that explains how homeopathy views acute and chronic diseases. Dr. Grätz elaborates on the concept of miasms that most homeopaths know about, but few thoroughly know how to use in practice. Many of the issues that perplex homeopaths are explained.

There are sections on individual miasms and how we can identify these miasms in our patients, right from infancy. It explains what we need to focus on to prescribe correctly, miasmatically, the importance of understanding the energetic process of disease, the 'real disease' behind the disease. The very important fact to understand is how improper treatment and suppressions can activate dormant miasms with disastrous results and that with homeopathic anti-miasmatic methods, we can reduce any inherited predispositions.

The third chapter deals with General Medical Basics based on the Laws of Nature. The readers would do well to understand the biological natural laws and the two-phase nature of disease and the appearance of microbes as given in this chapter. An interesting aspect Dr. Grätz touches on is of German New Medicine – the sections on biological conflicts, the biological rule of handedness, show how these impact the creation of disease. All these are analysed from the perspectives of modern medicine and of homeopathy.

A small but important chapter is the fourth one. Encephalopathy – A necessary consequence of vaccinations. Now that we are in 2022 and the world has seen an unprecedented mass vaccination campaign with notorious mandates being put into place in some form or other, I dare say that a lot more people have opened their eyes to the vaccination debate, after seeing so much of the destruction and deaths that the covid vaccines have left in their wake. Dr. Grätz discusses the issue of vaccination reaction and

3. damage with clear references and case reports. It is valuable to understand the why and how of vaccine damage and how it is covered up by the industry. The topic on vaccinations continues as part of the FAQs towards the end of the book. With clear references, Dr. Grätz shows how statistical tricks have been used to advertise the so-called benefits of vaccinations. With clear cases, he shows how vaccinations have emerged as the main cause of demyelinating encephalopathies. He shows how with every vaccination and suppression, the miasmatic predispositions are exacerbated, how vaccinations can intensify the primary miasms and can clearly shift the general health situation towards destruction. This holds true for all vaccinations and doesn't apply to just one specific antigen.

The fifth chapter elaborates on Dr. Grätz's personal

experiences in treating patients with Gentle Medicine. Gentle Medicine means understanding natural processes and laws and providing meaningful support for any health problems. It has to involve holistic and energetic thinking. He also explains the importance of the compilation and hierarchization of the important symptoms for repertorization.

There are sections on different cases from Dr. Grätz's practice – neurodermatitis, psoriasis, multiple sclerosis, tendency to infections, Lyme disease, cardiovascular disease, bronchial asthma, allergies, etc.

This chapter makes for very interesting reading because it becomes clear how a detailed case history invariably shows the true triggers of the disease being the harmful and suppressive treatments received in the past, overuse of chemical medication and vaccinations which activate the latent miasms. However, conventional medicine hardly ever sees these links and is ready to blame 'chance' or 'genetics' in most cases. When we read these cases, it becomes clear to us that nothing ever happens 'by chance'! Several cases of kidney failure illustrate the absence of chance and the provoking presence of chemical medication. Worm and lice infestations, other parasitic and fungal infestations are also discussed along the same lines, as are rheumatism, polyarthritits, migraines, epilepsy, hyperactivity, ADD, ADHD, developmental delays, perception and coordination disorders, autism, minor and severe brain damage, illnesses of the gastrointestinal tract, musculo

skeletal disorders, mood disorders, depression, schizophrenia, psychoses, OCD states, diabetes, thrombocytopenia, muscular dystrophy, all find a place in the discussions in this chapter.

4. The sixth chapter is one of FAQs – Frequently asked questions: answers and thoughts; which I found fascinating. This chapter discusses, amongst other things, vaccinations, antibiotics and some other conventional treatment protocols.

This beautiful book ends with an Epilogue and an elaborate Appendix. There are excerpts and extracts from Dr. Grätz's questionnaires that he uses in his homeopathic practice. The questionnaires are very relevant because the medical history is about determining the data, facts and correlations of the patient's entire life. All previous treatment attempts must be carefully assessed. Identifying

the underlying miasms and working out the currently active miasm are of crucial importance. There are charts at the very end of the book which would be of utility for a quick revision of concepts discussed earlier.

This, I would say, is an empowering book. Case after case shows that no illness happens just by chance – there is always a deeper cause, and getting to this deep cause and treating it with good anti-miasmatic homeopathy can eradicate it. We are not helpless and at the mercy of our illnesses. The message that we come away with, after reading this book, is that the practice of medicine, in principle, needs to completely correct and renew itself. Dematerialized remedies only can be part of Gentle Medicine, as must be changes in diet and our own creative thought processes. All the case histories given in the book substantiate the claims. Getting close to absolute health is a possibility, but only by following proper laws and methods. There are no short-cuts to good, long-lasting health.

A few months down the line, after reading the book and going through it again as well, I am very gratified by the better results I am getting in my practice. Medorrhinum was not used that much earlier on but I find that Dr. Grätz's recommendations and experience with Medorrhinum are absolutely on the mark... it seems to be a remedy for modern times, working some degree of magic on a lot of patients in today's world. At this point in time, I'd like to make a mention of the very pleasing results seen in rheumatoid arthritis. These are early days yet, but I can see that we are moving in the right direction.

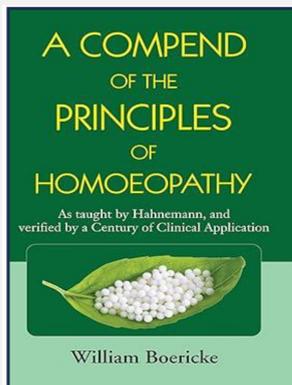
I never end my reviews without a short note on the quality of the book. This book ticks all the right boxes. Good quality paper, good print, good binding – for such a thick book, even the paperback form is great. The hardcover version apparently has even better paper quality!

5. All in all, this is a book any serious homeopath will appreciate; a treasure trove of information, worthy of being on our bookshelves and of being read, not just once, but time and again, like our Organon. I wholeheartedly recommend this book. Dr. Grätz, thank you, for writing this amazing book which will inspire homeopaths and other health practitioners, for generations. Thank you for this wonderful treasure which will occupy pride of place amongst the most important books in my collection.

Hahnemannian Homoeopathy in Nutshell: A Book Review of “A Compend of The Principles of Homoeopathy as Taught by Hahnemann and Verified by A Century of Clinical Application”

Dr. Ranjit Sonny

BHMS(Hons), Cal University, MD(Hom), MBA, Research Officer (Homoeopathy)/ Scientist-2, RRI(H), Siliguri, CCRH, New Delhi.



Author: William Boericke

Language: English

Publisher: William Boericke and Runyon

Place of Publication: San Francisco

Year of Publication: 1896

Pages: 160

About the Reviewer

My Perspective on the Book

After the advent of homoeopathy by Christian Friedrich Samuel Hahnemann in 1796, a series of stalwarts came forward who spread the system of homoeopathy throughout the world. Their field of work may be categorized according to their expertise. Some worked on the philosophical part of homoeopathy, some on practical application and some in explaining the scientificity of homoeopathy etc. In the later part of the 19th century, William Boericke, a famous American homoeopath, was one of few homoeopaths who worked in multiple aspects of this newly discovered system. He wrote several books on various subjects like philosophy, pharmacy, materia medica etc. Out of these “A Compend of The Principles of Homoeopathy as Taught by Hahnemann and Verified by A Century of

Clinical Application” is a worth to be mentioned. It deals with the philosophy and application of homoeopathy in a very short, concise, nutshell form intended for wider acceptance of Hahnemann’s doctrine. Author wants to give a short review of the book so that a near to complete knowledge can be obtained by the reader in a very short time.

The book is written in English and contains 15 chapters covered in 160 pages. The reflection of “Organon of Medicine” can be clearly felt while going through the book. Dr. Boericke strongly supported the theories of homoeopathy such as theory of vital force, drug dynamisation, miasm etc as described by Hahnemann. Vital force is the immediate cause of every functional activity and all bodily growth. In disease this vital force is disturbed which precedes functional and organic changes in the body. As it is dynamic, there is need for dynamized remedy to affect changes in the disturbed vital force. The difference between antipathy, homoeopathy, isopathy, serum therapy and nosodes has been explained. In chapter III, the evolution of the homoeopathic materia medica like Materia Medica Pura, The Chronic Disease has been discussed. Different types of symptoms and their comparative value has been highlighted focusing on Boenninghausen’s method of interpreting symptomatology i.e. complete symptoms with sensation, location, modalities and concomitants. The book guides

us about the therapeutic uses of some medicines and their mutual relationship like antidotes, concordant, inimical etc like antidotal relations between Anacardium and Rhus tox, Chamomilla and Coffea and Pulsatilla, etc. Under the heading 'Need of pathology' some pathological similarities between drugs and diseases have been given like gastroenteritis of Arsenic, epileptiform convulsions of Hydrocyanic Acid; bronchopneumonia of Tartar Emetic; anaemia of Argentum; catalepsy of Cannabis indica, etc. Dr. Boericke like Dr. J.T Kent has given the importance of a second prescription during the course of treatment. The evolution of Hahnemann's Doctrine of Chronic Disease, including its recurrence and underlying facts of the psoric and sycotic miasms has been clarified. Writer defined homeopathic drug dynamizations as a process by which the medicinal properties, latent in natural substances in their crude state, become aroused, and act in an almost spiritual manner on human life. Posology including dilutions or liquid attenuations in centesimal and decimal

scale, trituration and its process of making has been explained. In appendix section there is a catechism on Samuel Hahnemann's organon and Chronic disease given in pointwise manner. Like Organon of medicine footnotes are also found in almost all the chapters and appendix which is one of the salient features of the book.

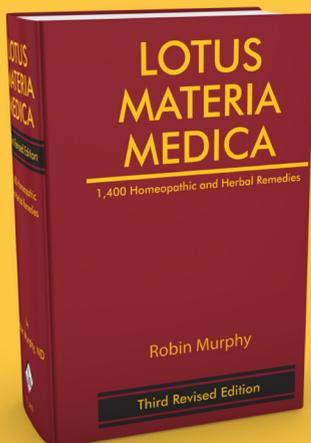
It should be an essential book for the students, teachers and practitioners for gathering the important points of homeopathic philosophy and its application. This book serves as an excellent source of knowledge for every homoeopath. This book logically explains some important topics which some other writers have criticized. It must be the occupation of all to study the chapters thoroughly.

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2. Hahnemann S.: Dudgeon RE, editor. Organon of Medicine. 5th ed. New Delhi: B Jain Publishers Pvt. Ltd.; 2002..



Lotus Materia Medica



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- 1400 remedies on 2214 pages. The alphabetical schema of the sections in a drug has been followed to keep in line with the repertory style
- Updated remedy Abbreviation, addition of modern terminology, new format, new remedy Gradings, cross references and corrected errors that were found
- This book is a combined homeopathic and herbal Materia Medica, covering historical uses, folklore, legends, case histories, therapeutics, toxicology, provings, and pharmacy of many homeopathic and herbal remedies.

Earnest Colloquy With Dr Saptarshi Banerjea

Author: Synoptic Memorizer of Materia Medica
Deputy Director, Bengal Allen Medical Institute, Kolkata, India



Welcome to 'Earnest Colloquy'- A new section in your favourite journal. This is what you get here- Our managing editor, Dr Rashi Prakash speaks to eminent homeopaths to bring to you, their journey, their struggle story and their paths to reach this point in their life.

Read on to get acquainted with the people behind your favourite authors, inspiring teachers and professors, well-known stalwarts, renowned physicians and eminent homeopaths who stand tall as an epitome of success in the field of Homoeopathy.

A Little About Dr Saptarshi Banerjea

Born in Kolkata in 1988, Dr Saptarshi Banerjea is the fifth generation of perhaps the longest serving homeopath family in the world. A record number of honours in nine medical subjects and 1st position in All India MD Entrance Examination followed by top position in MD with specialization in Materia Medica for which he was awarded a Gold Medal is what Dr Banerjea holds to his name. He is the professor of Clinical Materia Medica in Bengal Allen College, guest lecturer of Materia Medica at Allen College of Homoeopathy, England and has conducted multiple post graduate programmes across the globe. Extensive knowledge of clinical materia medica has been brought forth in his book- Synoptic Memorizer of Materia Medica.

Dr Rashi: You are the fifth generation of an illustrious homeopath family of Calcutta. How did you decide to become a homeopath? Any experiences that sparked your interest in

homeopathy?

Dr Saptarshi: One of my fondest childhood memories is returning from school and being fascinated by the multitude of patients outside my father's clinic day in and day out. I have always tried to emulate my father in my formative years.

Ferrum Phos and Belladonna were remedies I practically knew as a toddler.

We are perhaps the longest serving Homoeopathic family in the world!

Dr Rashi: Your latest book- Synoptic Memorizer is a unique materia medica. No other book till date has taken this approach towards studying drugs. Could you elaborate on what this book is about and what does it deliver to its readers?

Dr Saptarshi: To write a new Materia Medica is the greatest absurdity. Thus, with this book also, it is a SYNOPSIS of varied views and styles of presentation of drug-pictures as adopted by our immortal Master Hahnemann, our delightful

Kent, lamented Hering, poetic Tyler, erudite Dunham, sagacious Clarke, discreetful Nash, prudent Allen. I have liberally taken references from their classic literatures, with a view to arouse the curiosity of the young homoeopathic generations and take the professionals

back to their basics with those treasure references. For this reason, I have mentioned their names, whenever their views have been expressed.

The mental and drug-pictures though some-what voluminous; but my actual intention is to depict the picture in an elaborated fashion, elucidating different perspectives from varied angles, for vivid comprehension; to make the gist, will not be a problem, provided the essence is grasped.

This expedient of memorizing our vast Materia Medica has been entirely designed by my dear father and thus I have expanded this artistic style before the homoeopathic fraternity for all the remedies.

I think this fashion of memorizing our vast Materia Medica will serve some beneficial purpose, especially for the examinees, as well as those in the profession.

Dr Rashmi: Miasmatic diagnosis and repertorization is a totally new concept illustrated in your father's book- Miasmatic Prescribing. Please elaborate on this concept and how does learning this concept benefit the upcoming homeopaths?

Dr Saptarshi: Miasms came to our family as my great grand dad, Dr.K.M.Banerjee learnt Miasms in the United States from Dr. John Henry Allen. He founded the Bengal Allen Homoeopathic Medical College and Hospital in the year 1924 and put the name of Allen because of his dedication and heart-felt gratitude to his Guru.

The consideration of miasms is of paramount importance in effective homoeopathic prescribing particularly in this world of multi-suppressions where perceiving a clear picture of disease is becoming increasingly difficult.

It is necessary to understand the soil, the very dyscrasia of the person, and the miasm. This

can only be corrected through constitutional, anti-miasmatic treatment, and through such treatment, the complete annihilation of symptoms and perfect restoration of health will ensue.

In order to make a miasmatic assessment, we need to uncover the layers of predisposing weaknesses, which can be attributed to the different layers of suppressions.

We compare these different layers of miasmatic dyscrasia with the lotus flower. The outermost layer or petal reflects the surface miasm, that is, the presenting manifestation of the person. On the basis of the totality of symptoms, together with the miasmatic totality, the constitutional anti-miasmatic remedy is then selected for that presenting totality. This not only removes the surface symptoms but also the corresponding miasmatic dyscrasia, which was being manifested on the surface at that time.

Once the outer layer of the flower is removed the second layer is revealed. This second layer in turn becomes the surface miasm, reflecting a different group of symptoms. Dr. Kent guides us here, stating that there now has to be a change in the plan of treatment. This means that if the previous outermost layer was sycosis (and accordingly an anti-sycotic remedy was given which annihilated all the symptoms of that layer), the next miasmatic layer, which rises to the surface, has also to be addressed by its own presenting symptoms. The totality of the case needs to be reassessed and the next prescription selected on the basis of the totality of symptoms including the miasmatic symptomatology.

The skill of a homoeopathic physician is to recognise the different layers present as they reveal themselves through the surfacing of symptoms. The remedy they select should not only cover the symptomatic totality as manifested through the surfacing of symptoms in the outermost layer but also the miasmatic totality. In such a way 'layer upon layer of predisposing weakness' can be peeled off, taking with them the layers of suppressions and corresponding miasma, and the miasmatic dyscrasia can be nipped in the bud.

Classical Miasmatic Prescribing

MTEK is a useful memory aid to arrive at a correct prescription.

- M = Miasmatic Totality
- T = Totality of Symptoms
- E = Essence (should include gestures, postures, behaviours etc)
Keynotes (which should
- K = encompass PQRS symptoms, refer §153 and §209 of Hahnemann's Organon)

When the above criteria are considered and the steps below followed, a correct prescription can be made.

The miasmatic consideration is therefore of great importance as demonstrated in the following example:-

A person is suffering from features of gastric ulcer, which has been confirmed by radiography. As ulceration is syphilitic, the surface miasm is therefore syphilitic also. Let us say that the totality of symptoms (physical, emotional and essence) of the person reflects towards Kali Bichromicum, an anti-syphilitic remedy. The choice of remedy is therefore simple, as Kali Bich covers both the totality of symptoms and the surface miasm of this gastric ulcer case. Kali Bich will peel away the outer layer and reveal a second layer underneath. This second layer may manifest perhaps through the appearance of warts or moles on the face, an indication of suppressed sycosis and the next assessment of the case should include this new surface totality. Following Kentian ideology we now know that there needs to be a change in the plan of treatment, that is, the previous syphilitic plan needs to change to a current sycotic plan, and a new anti-sycotic medicine needs to be selected based on the presenting totality.

-(From Miasmatic Prescribing by Dr. Subrata K. Banerjee)

Dr Rashi: Today, several approaches to case taking have emerged. What makes you stick to the classical (Hahnemann's) way of case taking and analysis? Are there any cases/ experiences that are noteworthy when it comes to your experience as a classical homeopath?

Dr Saptarshi: We rely on a qualitative totality that will give a prescription with depth whereas a medicine found just using the repertory gives a mathematical addition, giving quantitative totality. You cannot replace the judge in a court of law with a computer programme. It is not possible to enter the crimes and the programme defines the punishment; it's not feasible. In a court room there are many nuances and variables in each case, exactly similar to homoeopathic prescribing; the qualities of the individual should match with the qualities of the medicine.

At the outset, I like to comment that I'm not disregarding the utility of repertory. It has its own place. Boenninghausen, Boger, Lippe, Kent and Hahnemann himself all used a Repertory, but did not depend on it. They didn't offer repertory sessions, they offered consultations. They had the command of Materia Medica. They had the 'remedy images' in their mind.

Dr. Kent used what was known as "finger technique" that is, he had 4 or 5 symptoms to look at and he kept his finger in those pages of the repertory to check or confirm those rubrics, that he considered were essential to the case. This was also the technique used by his direct pupil, Dr. B. K. Bose (former Principal of my Alma Matter).

It is evident that Dr. Kent used to see 25 to 40 patients in 90 minutes; this is exactly how Calcutta Homoeopaths practice, including myself. It is obviously impossible to do Repertorisation in that short span of time. ".....You are hunting for labour saving machines. These machines are useful in everything but art.....They are as ruinous to the art of prescribing as they are to music....."

Dr. Kent is dismissive in his comments to Dr Tyler which makes it clear he did not use the repertory as his first tool. The Classical Heritage of American and European experts passed their knowledge to

Calcutta's homoeopaths and this runs through generations. The so-called "Calcutta Method" in fact is the original classical method of the great Masters. You can find on google Dr.Subrata K. Banerjea's article-Did Kent depend on his Repertory?

Dr Rashi: You have an extensive knowledge of comparative and clinical materia medica. Do you have any message for the budding homeopaths on how to study materia medica and become the next 'Dr Saptarshi Banerjea'?

I have been successfully implementing the essence of Materia Medica into my busy practice for many years. . . perhaps due to the blessings and wisdom

passed down by my homoeopathic ancestors, those

have passed on to me the 'true homoeopathic blood' .

It is my humble hope that you will both learn from and enjoy this book —the practical understanding of

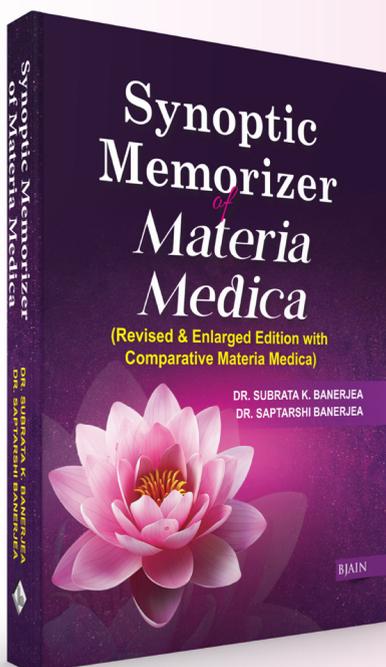
Materia Medica just as I have been taught.

For the budding homoeopaths...As N.M.Choudhury used to say,

"If you love your Materia Medica, jewels will fall before you, like the falls of Niagara."



SYNOPTIC MEMORIZER OF MATERIA MEDICA



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- *Twenty exercises for repertorisation have been added for the first time.*
- *The chapter on "How to Study the Materia Medica" has been entirely re-written presenting a novel and realistic method.*
- *Inclusion of significant ideas on the practical application of Materia Medica on the basis of the "minimum syndrome of maximum value,"*
- *Further, the minimum essential characteristics of ten remedies have also been given, as a model.*

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