

# Principles of Prescribing

Collected from Clinical Experiences  
of Pioneers of Homoeopathy



Dr. K.N. Mathur

# PRINCIPLES OF PRESCRIBING COLLECTED FROM CLINICAL EXPERIENCES OF PIONEERS OF HOMOEOPATHY

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**B. Jain Publishers (P) Ltd.**

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## FOREWORD

It is a pleasure and a privilege to write a foreword to this book—The Principles of Prescribing and Clinical Experiences—by an experienced and a learned Homoeopath—Dr.K.N Mathur.

Though the Founder and his illustrious followers have laid down certain principles of Homœopathy for practitioners, some of the disciples are ignoring the same and we find many practising in an unscientific manner.

At this crucial stage Dr. Mathur has come forward to guide the profession after a labour of love for years. It is commonly believed and even stated openly that if one case is given to 6 Homoeopathic physicians, they will all find one remedy. In my long practice and long dealing with well-known Homoeopaths, I have found this to be a myth only. Instead of 6, they may find out 12 remedies. This confuses a beginner. There are various methods of prescribing for the patients, as very nicely shown in this book. I have been repeatedly telling that Homoeopathy must be simplified atleast for the general practitioners, and in acute cases like Fever, Cold and Cough, Diarrhoea, Vomiting, Headache, Renal Colic, Catarrhal Jaundice, injuries, etc., though as consultants, we have to prescribe for chronic cases of years' standing, where a real effort is to be made to find the similitimum. For the acute conditions mentioned above, and many more, there are more or less simple, similar, specific remedies, which will help the patient to tideover crisis and these must be taught to a student during the clinical training.

I am requesting the readers to read my paper 'Simplification of Homoeopathic Prescribing' submitted at Poona Homoeopathic Seminar and printed in Sandesh of July 1975. Dr. Mathur has given various points of view and has noted various articles from foreign as well as Indian experts, to convince the profession that there are different ways for prescribing. It is to be appreciated that at an advanced age and with poor health he has compiled this work single handed.

I would like to mention two or three points which I have found very helpful in my practice.

1. **Biochemic Combination tablets** as made in Germany will be found very helpful for acute prescribing by the beginners. I still receive letters or chits from patients that my child is suffering from fever or cough, please send the necessary powders. Not one word is mentioned more about the symptoms and you have to prescribe because you are a family physician. At this time, these combinations will be found extremely helpful.

2. **Auto Therapy** has been mentioned by author but if a patient's blood is potentized and when the indicated remedy does not work, this will help many patients.

3. **Bowel Nosodes** are found very helpful in certain chronic diseases but I also use Flower remedies of the well-known Dr. Edward Bach prescribed on mental symptoms extremely useful at times. I strongly recommend 'Rescue Remedy.' I wish my friend Dr. Mathur, the author of this book—Best of Health and Luck in this adventure—and I wish more and more Homoeopaths will study this book and use it for reference very often.

Alipur Building  
Colaba, Bombay.  
20th Nov., 1975.

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## PREFACE

Change is the law of nature. Man changes every minute from his birth to his death. Day changes into night and night changes into day. Seasons change every year. Emotions change, moods change, ideas change, theories change and even the medical ways are changing with times. At one time Homoeopathy was in full bloom in the U.S.A. and at present it is nearly extinct. Hahnemannian Homoeopathy is changing into scientific Homoeopathy. Orthodoxy is changing to revisionism like Poorbi mimansa changed in Uttari mimansa. That which satisfies our rationale and shows verified experiences is only the touch-stone of truth. Yet we are fighting over dolls like children instead of grasping new Principles of Prescribing for advancement of Homoeopathy and for our own success. The mission of Hahnemann in discovering Homoeopathy was to cure mildly, quickly and permanently. We now find that this mission is possible for acute diseases but never for chronic diseases. Psora was regarded as the suppressed form of itch or miasm of suppressed scabies. It remains in the latent state in all persons suffering from chronic diseases, and may appear due to any exciting or contributory cause. Since Hahnemann several pioneers of Homoeopathy differed from the basic idea of psora as the fundamental cause of chronic diseases. Dr. J.T. Kent considers it is due to disturbance of the simple substance. But it is difficult to understand this simple substance although Dr. Kent considers that the simple substance is disturbed by our own thoughts, feelings and actions like the Karma theory of Indians. Dr. T.P. Paschero of Argentina says that Psora is a disposition in the personality of the patients suffering from chronic Psycho-somatic diseases. Some Homoeopaths consider Psora due to lack of resistance which does not allow our Vital Dynamis to allow formation of anti-bodies essentially needed for recovery from chronic illnesses. Dr. M.B. Desai finds that viciated background as Psora the cause of the chronic diseases and unless removed by constant stimulation of vital force by

high potencies of Homoeopathic remedies for the formation of anti-bodies chronic diseases cannot be cured. We cannot ignore these ideas sponsored by pioneers of Homoeopathy as they have demonstrated on the basis of Clinical Experiences and cured chronic cases on these Principles of Prescribing.

The main purpose of this book is to collect all the Prescribing Principles based on truth of illustrated cases and can be verified by other homoeopaths. These Principles of Prescribing are collected from old and new Homoeopathic journals and books. We want them in the form of a book for all times as these journals and old literature may not be available always. They shall be useful for the coming generation of homoeopaths for their success and advancement of Homoeopathy.

Homoeopathy is finding suitable ground in India to grow as its logic and philosophy is not foreign to its people and even the present Government and Health Ministry wants to uplift Homoeopathy by recognising it and gives moral and financial support for its advancement in all spheres.

As there is not a single book in our literature on the Principles of Prescribing although there are a few writers who have given their experiences in the form of illustrated cases, for example : Dr. E.B. Nash wrote "The Testimony of the Clinic." Dr. Edmond Carlton wrote "Homoeopathy in Medicine and Surgery." Dr. George Royal wrote his clinical experiences in "The Homoeopathic Therapy in Diseases of Brain and Nerves." Dr. J.C. Burnett has given his cases in his books. Dr. John Henry Clarke has given cases treated by homoeopaths in his "Dictionary of Practical Materia Medica" and Dr. Edward Pollock Anshutz has given clinical cases in his book "New, Old and Forgotten Remedies." Old and new journals published in the U.S.A., U.K. and India contain a vast literature on Principles of Prescribing and experiences of a large number of pioneers of Homoeopathy. They inspired me to write this book as I find it essential for the advancement of Homoeopathy and for the success of homoeopaths.

I am grateful to Dr. S.R. Wadia for giving me his encouragement and writing the Foreword of this book, to Dr. Dewan Harish Chand for his interesting and instructive cases which led me to open a new chapter, i.e., "Principles of Prescribing Based on Blood Investigations." I am proud of quoting cases from pioneers of Homoeopathy belonging to the U.S.A., e.g. Drs. Hering, James Tyler, Kent, Carrol Dunham, Adolph Lippe, E.B. Nash, C.M. Boger, G.B. Sterns, George Royal, E.P. Anshutz, Gutman Carlton, etc., Pioneers of Homoeopathy from U.K., e.g., Drs. Burnett, Clarke, Robert Hughes, Bach, Patterson, Ian Mcainlay Burns, Foubister, etc. Pioneers of Homoeopathy from India, e.g., Drs. Dewan Harish Chand, S.R. Wadia, P. Sankaran, S.K. Ghosh, M.B. Desai, Koppikar, R.P. Patel, etc., and other pioneers of Homoeopathy, e.g., Pierre Schmidt, from Geneva and Thomas Pablo Paschero from Argentina etc.

I am also grateful to Shri Prem Nath Jain of M/S B. Jain Publishers for cooperating in producing this book and Shri Probat Chatterjee for giving the shape to the book in the present form. The indulgence and excuse of the readers and authors is, however, sought for the mistakes that have occurred inspite of our efforts.

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K.N. Mathur

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## INTRODUCTION

Homoeopathy is the art of cure based on the natural law of healing discovered by Dr. Hahnemann. The law is known as "Similia Similibus curanter" which means in simple language that drugs producing similar symptoms also cure such diseases. Drugs like causes of disease produce similar symptoms because they influence the susceptibility of the individual and unless there is susceptibility, or idiosyncrasy in the vital dynamis of the individual a drug cannot be fully proved. Hence the similar curative drug must have susceptibility and idiosyncrasy in the patient to be cured. This susceptibility and idiosyncrasy is recognised when the proved remedy displays secondary action of the drug or the symptoms of reactions produced by the prover. These dynamic symptoms are called Characteristic symptoms. They are peculiar, uncommon and striking symptoms according to Hahnemann and his followers. Thus we individualise the drug from its characteristic symptoms especially in acute diseases. Hence proving of drugs was the first step in the art of cure of acute diseases.

Later on when these cured patients suffering from acute diseases returned again and again for the same kind of trouble or a different kind of disease he was puzzled and perceived impotency of vital dynamis viciated by chronic Miasms of Psora, Syphilis and Sycosis. These chronic miasms were hereditary or acquired and can be found out by taking the history of past illness and family history of the patient. Psora was regarded as the non-venereal miasm while Syphilis and Sycosis belong to venereal miasms. Psora being hereditary or congenital in nature produces dispositions, diatheses and dyscrasia, e.g., Hereditary allergy, Haemorrhagic diathesis, Gouty diathesis, Rheumatic diathesis, Hysterical disposition, Psycho-somatic dispositions and adynamic dyscrasias, etc. For the treatment of Chronic diseases Hahnemann advised treatment of these dispositions by deep acting anti-psoric remedies. Dr. Burnett suggested zotic remedies in the form of Nosodes, e.g., Bacillinum, Medorrhi-

num, Syphilinum, etc. Dr. Bach, Sterns and Patterson suggested Bowel nosodes, e.g., Morgan, Proteus, Sycotic co, etc. Dr. S.K. Ghosh suggested endocrinic remedies, e.g, Thyroidinum., Pituitory, Insuliu, etc.

Some pioneers of Homoeopathy found Autopathic drugs, e.g, Renal calculs potentised morbid secretions potentised for the treatment of chronic diseases as these remedies are similar to the disease of the patient. Thus we find that pioneers of Homoeopathy are guiding us by their clinical experiences, "how chronic diseases should be treated." They have given us prescribing principles according to which we should proceed for the purpose of correct line of treatment and avoid spoiling the case.

Among the pioneers of Homoeopathy we find the following homoeopaths of outstanding character as they have their principles of prescribing based on experimental varification and on their own clinical experiences. Let me point them out for your information:

1. Hahnemann—He was the founder of Homoeopathy hence all the basic principles were laid down by him including *a.* Law of cure, *b.* proving of drugs, *c.* Vital dynamis, *d.* Acute and chronic diseases, *e.* Selection of the simillimum, *f.* Potentisation of drugs, *g.* Miasms of Psora, *h.* Syphilis and Sycosis, *i.* Obstructions to cure, etc, etc.

2. Constantine Hering—discovered the Law of Directions of cure:

Cure takes place in the reverse direction of development of symptoms, i.e, from last to first, from centre to periphery, from head to extermities. He also discovered guiding symptoms for the selection of the simillimum and wrote 10 volumes of *Materia Medica* based on guiding symptoms.

3. J. Compton Burnett—discovered the importance of Organopathic remedies and nosodes in the treatment of chonic cases in the form of Ladder Like Remedies for the complete cure of the patient. He also discovered the miasms of Vaccinosis

and Consumptiveness which are so important in the treatment of chronic disease.

4. Richard Hughes—recognised the importance of drug pathogenesis for the selection of the simillimum on the basis of fundamental causes, exciting causes, predispositions and constitutional nature of the sick individual. He wrote the book "Pharmacodynamics" on the basis of pathogenesis of drugs.

5. Von Boenninghausen—discovered Totality of Symptoms on the basis of Characteristic symptoms for the selection of the simillimum. He wrote the first Repertory on the basis of Characteristic symptoms which made the task of finding the correct remedy more easy for homoeopaths.

6. James Tyler Kent—discovered the importance of General Characteristic Symptoms belonging to mentals, physical make up of the patient and general modalities of the patient. He advised homoeopaths to treat the sick individual which is more important than his totality of characteristic symptoms. He wrote the second Repertory on the basis of General Characteristic and Particular Characteristic Symptoms. He also published his cases and his views regarding selection of potencies on the basis of series and degress of the simillimum, in his "Lesser Writings."

7. M.L.Tyler—discovered Acute miasms of epidemic diseases like measles, whooping cough, mumps, etc. which one finds in the history of patient's past illness and found unless these acute diseases are not removed by specific nosodes of these diseases the patient is not completely cured as their morfic influences are not removed. Thus the bad effects of old injuries, burns, cauterisation, chloroform; eating food cooked in aluminium vessels, alcoholism, etc. were considered obstructions to cure and given great importance for the selection of the simillimum.

8: Some of the pioneers of Homoeopathy prepared punch-card Repertories for easy repertorisation of difficult cases. Dr. Jugal Kishore's punchcard repertory is one of the best as he has given greatest number of remedies as well as ruberics so that

even the rare remedy may be selected on the basis of its characteristic symptoms.

9. Pierre Schmidt and Thomas P. Paschero—discovered the Psycho-somatic nature of chronic diseases and treated many cases of this type which were considered incurable by all schools of medicine.

10. Dewan Harish Chand and several other pioneers of Homoeopathy discovered that Blood investigations are also very useful when guiding symptoms or history of previous illness does not help us in the selection of simillimum. High percentage of Leucocytosis alone may point to Pyrogen. High blood uria may lead us to select Eel's Serum. We have given the record of such cases because it has been verified by other homoeopaths.

11. M.B.Desai and several other Homoeopaths have discovered that unless the background of the chronic patient is not eliminated or canalised complete recovery from chronic diseases is impossible but he found that continued prescribing is necessary with high potencies of the homoeopathic remedy as the single dose of high potency only palliates for some time.

12. Raman Lal Patel found that where there is history of antibiotics or other drug which resulted in the present complicated condition should be antidoted by the same drug in Homoeopathic potencies till the morbidic effects of the drug are neutralised. He calls this mode of treatment as Tautopathy.

Relationship of drugs as discovered by Von Boenninghausen, Clarke and W.E. Boyed have been discussed as these points of views are new to most of the young homoeopaths.

New ideas about alternation of remedies and combination of remedies are also added which are found useful by some pioneers of Homoeopathy or Biochemistry.

Every Homoeopath should be trained and prepared to treat successfully emergencies, diseases of acute chronic or complicated nature.

# 6

## ***Prescribing on the basis of Constitutional Symptoms***

ON THE BASIS OF CONSTITUTIONAL SYMPTOMS  
AS ADVISED BY Dr. J.T. Kent

Dr. Kent was of the opinion that it is the sick individual as a whole to be cured rather than the totality of characteristic symptoms or the pathological condition of the diseased organs of the patient. Therefore, he gave highest or first rank to the general characteristic symptoms of the patient as a whole. These symptoms are also called the constitutional symptoms of the patient.

Constitutional symptoms are recognised by other systems of medicine. Ayurveda recognises the symptoms of Vat, Pit and Kaph as the constitutional symptoms of the patient suffering from chronic diseases to be cured. Unani or the Greek system of medicine recognises constitutional disorders in the form of Sanguine Bilius, Phlegmatic and Melancholic temperaments. Dr. Grovyl discovered constitutional disorders in the form of Hydrogenoid, Oxygenoid and Carbo-nitrogenoid dispositions. Dr Allandy describes four types of constitutions namely Atoni-plastic, Toni-plastic, Toni-aplastic and Atoni-aplastic. Dr Nebel describes three varieties of osseous constitutions *viz* Carbo-calsis, Phospho-calsis and Fluoro-calsis. Dr J.T. Kent says in his 'Lesser Writings' that there are no fixed types of constitutions. They vary according to the combinations of Characteristic Generals and Characteristic Particular symptoms of the sick individual. General symptoms are the most valuable symptoms because they pertain to the patient as a whole to be cured.

General symptoms consist of :—

1. General modalities of the patient,
2. General mental symptoms of the patient, and
3. General physical make-up of the patient.

Kent's famous Repertory is based upon General and Particular Characteristic symptoms in which he advises the homoeopaths to collect all general symptoms of the patient as well as the Particular Characteristic symptoms. He should repertorise the General Symptoms first and find the similimum, if one remedy comes out then there is no further need for repertorisation but if two or more remedies come up then all the Particular Symptoms should be taken up and repertorised. The remedy that scores maximum marks on the basis of both General and Particular symptoms should be selected as the Similimum and administered to the patient in high potency or in a series of potencies when its effects decline.

#### **Homoeopathy is a Constitutional Medicine\***

The position of Homoeopathy in modern medicine must be understood on the basis of a conception of chronic disease and it is chronic disease which the doctor must try to cure.

Modern medicine knows perfectly well that in the therapeutical clinical field the disease must not be confounded with the local lesion, the cure of the anatomicopathological process with the cure of the patient, the suppression of the actual symptoms with the overcoming of the potential diathesis which determined the present pathological case and which inevitably, with the suppression, will produce future metastasis or morbid alternations.

Notwithstanding the great progress in the biochemical, humoral and cellular investigations, it recognizes that to solve the problem of curing it needs to involve the patient in his

\*Dr. TOMAS PABLAO P ASCHERO, The British Homoeopathic Journal, Vol. LI No. 1, January 1962, p. 7.

totality in a synthetic clinical vision that will allow it to understand what it must cure in each patient in particular.

Each human being makes his own disease, better said, he forms a pathology both of his psychic personality and of his physical organism in accordance with an unconscious determinism originating from a dynamic miasmatic alteration of his vital force.

That morbid determinism is contained in his biographical history, in his hereditary and particular antecedents, in his way of feeling, thinking and living and in all subjective symptoms that reveal his personality and make him a unique and personal case.

There are no two patients alike, there are no two people who produce exactly the same biopathographical history, there are no two human beings who have the same feelings, ideas, emotional reactions; there are no two patients who have the same morbid process in its historical sequence and concomitance. As Hippocrates said, there are as many diseases as there are clinical histories, and Hahnemann put into practice this idea of the necessity of strict individualization of each case, establishing that the doctor must reach to know what he must cure in each patient in particular.

The essential aim of Homoeopathy is to grasp the clinical vision of the patient in his intimate idiosyncrasy and put the doctor in contact with the crisis or deep dynamic perturbation that has caused and conditioned the actual pathological episode.

This search by the doctor, and his contact with the morbid condition or tendency which underlies the actual state of the disease, is the exclusive sphere of Homoeopathy, thanks to the immense fund of knowledge obtained from pathogenetic experiments with drugs. The study and conception of constitutional dyscrasia or disposition of the environment were not the



result of the anatomicopathological investigations or the biochemical reactions made in the laboratory, but of the direct perception of the dynamic stimulus of a potentized drug. That is the reason why the homoeopathic diagnosis of the simillimum should never be reached through conjectures nor by pathogenetic deductions respective of physiopathological mechanism, nor by laboratory investigations, nor by biotypological or endocrinological considerations, nor by any other clinical speculation, but only by the strict observation and comprehension of the functional symptoms of the patient.

The specific factor of individualization is undoubtedly the mental symptom which in its profound significance is the psychological connotation of the subjective general modalities. Homoeopathy clearly understands that the mental symptom is not a subject of speculative philosophical psychology but a clinical problem, strictly biological.

The neuro-vegetative nervous system, wrongly called autonomic until quite lately, forms the basic structure of the unconscious mind from which arise the instinctive impulses, and is at the same time the sounding system of the chemical changes that take place in the living cell, so that in it the stimulations arising from the body and from the mind are joined and harmonized into a unit expressing one single dynamic reaction. That is why Homoeopathy, in advance of all the deductions of functional pathology, asserts by induction that disease is, in its initial phase, a neuro-dystrophic disturbance, which can only be expressed by the particular physiological properties of the nervous system.

The whole of the *Organon* of Hahnemann centres in the idea that the agent hostile to life acts dynamically only on the vital force, provoking a *dynamic reaction* which is nothing else than the stimulation of the "Vis medicatrix" of Hippocrates, a physiological property, natural to every biological process.

The doctor who applies Hahnemann's Homoeopathy would have accepted the vitalistic concept of the process of disease and