



Discovery Of Specific Homoeopathic Remedies: An Integrated Approach In Research

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Abstract: Hahnemann, the father of homeopathy, motivated every homeopathic physicians to discover specific remedies. These remedies should be selected based on the totality of symptoms, which includes constitutional, miasmatic, and environmental factors (circumstances from within, from without and continually acting) that influences the individual. Research on specific remedies remains uncertain due to the lack of integration of these three factors. So there is a critical need to discover specific medicines by combining the symptoms from these three factors, utilizing advancements in diagnosis and investigation. Researchers in homeopathy can achieve this by integrating these aspects when selecting specific homeopathic remedies.

Index terms: Constitution, Miasms, Environment factors, Specific homeopathic remedies, Homoeopathy.

INTRODUCTION

Constitution is physical and mental makeup of a person. Hahnemann wrote as the investigation about the ascertainable physical constitution, with other factors like age, sex, occupation, mode of living, moral and intellectual characteristics, social and domestic relations will help the physician to discover the fundamental cause, which is generally chronic miasms. According to Hahnemann, miasms are polluting humors of the body, producing the disease in according with the circumstances, within without and continuously. The expression of disease is nothing but the summation of constitutional, miasmatic and influenced by environmental circumstances. So, the discovery of specific homeopathic remedies depending upon the all the above three factors should be considered. ⁽¹⁾ Numerous studies have been conducted using constitutional approach, miasmatic approach, and approach on triggering factors. However, these studies have yielded indeterminate conclusions due to the lack of integration among the three methodologies. Consequently, there is a crucial need for an integrated research approach to facilitate the discovery of specific medicine.

OBJECTIVE OF THIS RESEARCH:

The objective of this research study is to throw light into the field of integrated approach in homoeopathic research.

KEY CONCEPTS:

Constitution:

The word constitution is derived from Latin word, 'constituere' or 'constitute' which means 'to set up', 'to make up' or 'to establish'. ⁽²⁾ It is the structure, composition, physical and mental makeup of a person which is expressed through, physical built, characteristics, desires, aversions, and reactions including emotional intellectual attributes.

Constitution according to Hippocrates:

Hippocrates, often referred to as the “Father of Medicine,” proposed a theory of human constitution based on the concept of the four humors. According to this theory, the human body is composed of four main fluids or “humors”. The four humors are blood, phlegm, yellow bile and black bile. Hippocrates believed that the balance of these humors determined a person’s health and temperament. An imbalance in any of the humors would result in disease. ⁽³⁾ Hahnemann accepted this concept and wrote that ascertainable physical constitution is the expression of the humoral theory.

Temperament according to Galen:

Galen expanded Hippocratic concept into temperamental theory. Galen explained the four main types of temperaments. ⁽⁴⁾

Temperaments	Humour	Thermal reaction
Sanguine	Blood	Hot and moist
Phlegmatic	Phlegm	Cold and moist
Choleric	Yellow bile	Hot and dry
Melancholic	Black bile	Cold and dry

This theory explains the uniqueness of an individual. This theory is reflecting its contribution in the homeopathic materia medica as thermal changes in a person as a whole.

For example:

Temperament	Thermal reaction	Homoeopathic Remedies ⁽⁵⁾
Sanguine	Hot and moist	Nux vomica, Sepia officinalis
Phlegmatic	Cold and moist	Antimonium tartaricum, Natrum sulphuricum
Bilious	Hot and dry	Aloe socotrina
Melancholic	Cold and dry	Aconitum napellus

Miasm:

In the works of Samuel Hahnemann, notably in the “Organon of Medicine,” “The Chronic Diseases,” and “Lesser Writings,” the term “miasm” is extensively used. Hahnemann defines miasms as polluting exhalations or residual poisons, which he categorizes into three types: Syphilis, Sycosis, and Psora. According to his writings, these malignant substances (miasms) can insinuate itself through the absorbent vessels, into the mass of humors, subsequently corrupt the blood, the humors and overall health. Hahnemann says that miasms alter the characteristics of bodily constitutions and the external environment, leading to a profound impact on an individual’s health. ⁽⁶⁾

Present scenario of Miasms:

If we deduct all chronic affections, ailments, and diseases caused by unhealthy living and irrational treatments, the remaining chronic diseases result from three miasms: internal syphilis, internal sycosis, and chiefly, internal psora. Each miasm was already in possession of the organism before their primary symptoms appeared. According to Hahnemann, these internal miasms were responsible for the incredible number of chronic diseases that plagued mankind for centuries, which could have been more effectively treated by internal homeopathic medicines. ⁽¹⁾

Miasms and constitution:

The experience of Ludwig Christian Juncker, observed that suppression of itch miasm in young people of sanguine temperament is followed by phthisis, piles and hemorrhoidal colic. In fat persons by suffocating catarrh and mucous consumption and also by acute pleurisy and inflammation of lungs. Phlegmatic persons the suppression caused dropsy, delayed menses and hemoptysis. Melancholic become insane and the pregnant foetus was killed. All these shows the modifications in constitution, based on the miasms. ⁽⁶⁾

Accentuation of Miasms:

The accentuation of psora is functional when it is suppressed, it acts upon the nervous system, and the nerve centers. The accentuation of syphilis is ulcerative and it spreads on the meninges of the brain and affects the larynx, throat, the eyes, bones and periosteum. The accentuation of sycosis is infiltration and deposits. It attacks internal organs pelvic and sexual organs. The suppression of sycotic stigma causes dishonesty, moral degeneracy and mania. Thus, miasms had expressed their manifestations in accordance with their own pathogenesis. ⁽⁷⁾

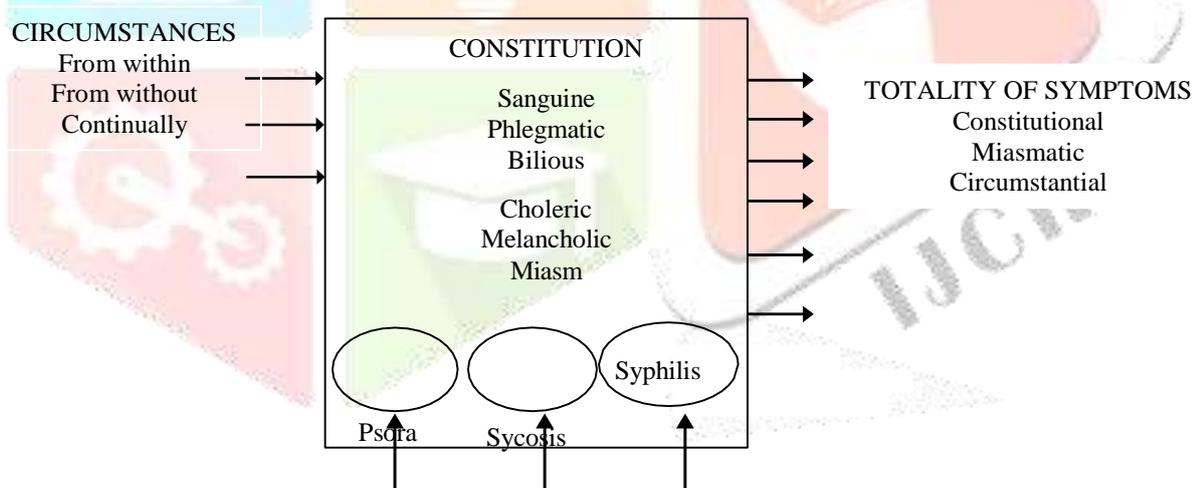
Environmental factors (circumstances):

Hippocrates' theory on the influence of environmental factors on constitution and temperament is a cornerstone of ancient Greek medicine. He posited that an individual's health and temperament were influenced by a combination of environmental elements such as climate, diet, and lifestyle. ⁽⁸⁾ Hahnemann expressed in Organon of medicine, these causes that exercise a modifying influence on the transformation of psora into chronic disease are the climate and the peculiar physical character of the place of abode, varieties in physical and mental training of youth, abuse in business or conditions of life in the matter of diet and regimen, passions, manners, habits, customs of various kinds. ⁽¹⁾

Summation:

Hahnemann wrote that this extremely ancient infecting agent (miasm) has gradually passed through millions of human organisms over hundreds of generations. It now displays such innumerable morbid forms among mankind, particularly when considering the numerous circumstances that contribute to the production of these varieties of chronic diseases, in addition to the indescribable diversity among people regarding their congenital corporeal constitutions. Therefore, it is no wonder that such a variety of injurious agents, acting from within and from without, should produce an innumerable variety of defects. It can be concluded that it is the sum total of symptoms produced as constitutional miasmatic and circumstantial factors.

Totality of symptoms:



Research on Miasms:

Numerous studies have been conducted in Homeopathy, particularly within the framework of the Organon of Medicine. These studies have addressed various approaches, including the Constitutional approach, the Miasmatic approach, and the influence of triggering factors in chronic diseases such as Bronchial Asthma, Allergic Rhinitis, Cervical Spondylosis, Lumbar Spondylosis, and Hypothyroidism. However, there has been no comprehensive integration of these findings, leading to indeterminate conclusions. Therefore, there is a need for a model to guide future research in this area.

Model for Research

Constitution	Miasm	Environmental factors	Diagnosis	Homeopathic remedy ⁽⁵⁾
Sanguine	Psora	Suppression of emotion Exposure to heat of sun	Allergic Rhinitis	Natrum muriaticum
Phlegmatic	Sycosis	Exposure to cold air Living in damp places	Bronchial Asthma	Natrum sulphuricum
Melancholic	Syphilis	Too much strain Exposure to cold air	Lumber spondylosis	Phosphorous

Requirements of this Research

1. A comprehensive literature review should be conducted on the constitution, miasms, and their pathogenicity, with all findings systematically documented and digitized.
2. The review should encompass an up-to-date analysis of environmental factors, circumstances, and demographic variables associated with various diseases, and these data should also be digitized for thorough examination.
3. Subsequent integration of these factors with the totality of symptoms observed in patients is essential.
4. Diagnosis should be supported by contemporary laboratory investigations.
5. The totality of symptoms should be matched with the appropriate repertory to identify potential remedies.
6. The selection of medicines must be based on a rigorous analysis and synthesis of the symptom profiles.
7. Potency and dosage should be determined according to established rules and guidelines.
8. Finally, assessment of patient improvement should be conducted using standardized scales, alongside laboratory investigations or imaging techniques, to ensure accurate evaluation of therapeutic efficacy.

CONCLUSION:

The totality of symptoms represents the expression of an affected constitution, poisoned by miasms and influenced by external and internal factors. The discovery of a specific homeopathic remedy relies on a comprehensive understanding of these three factors. Thorough knowledge and systematic documentation facilitate an integrated approach for the selection of specific remedies in homeopathic practice.

Conflict of interest: None

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