

# **HOMEOPATHIC PRINCIPLES *and* PRACTICE *of* MEDICINE**

According  
to  
CCH  
Syllabus

*A Textbook for Medical Students and Homeopathic Practitioners*

**DR V. K. CHAUHAN, MD**

Principal,

*Dr B. R. Sur Homoeopathic Medical College, Hospital & Research Centre, Nanak Pura, New Delhi  
W.H.O. Fellow,*

*Royal London Homeopathic Hospital (U.K.),  
New England School of Homeopathy, Connecticut (U.S.A.),  
Management Science for Health, Arlington (U.S.A.)  
Recipient, State Award 2006, Delhi Govt.*

**DR MEETA GUPTA, MD**

Senior Medical Officer,

*Dr B. R. Sur Homoeopathic Medical College, Hospital & Research Centre, Nanak Pura, New Delhi  
Ex-House Physician, Nehru Homoeopathic Medical College and Hospital, Defence Colony, New Delhi*



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

An ISO 9001 : 2000 Certified Company  
USA—EUROPE—INDIA

## **HOMEOPATHIC PRINCIPLES AND PRACTICE OF MEDICINE**

First Edition: 2007

3rd Impression: 2010

All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means, mechanical, photocopying, recording or otherwise, without any prior written permission of the publisher.

© with the author

*Published by Kuldeep Jain for*

### **B. JAIN PUBLISHERS (P) LTD.**

An ISO 9001 : 2000 Certified Company  
1921/10, Chuna Mandi, Paharganj, New Delhi 110 055 (INDIA)  
Tel.: +91-11-4567 1000 • Fax: +91-11-4567 1010  
Email: info@bjain.com • Website: [www.bjain.com](http://www.bjain.com)

*Printed in India*

ISBN: 978-81-319-0163-2

## **PREAMBLE**

*The physician's high and only mission is to restore the sick to health. The highest ideal of cure is rapid, gentle and permanent restoration of health, in the shortest, most reliable, and harmless way. If the physician clearly perceives what is to be cured, in every individual case of disease, what is curative in each individual medicine, and if he knows how to adapt, [Note that 'remedy should not be worse than the disease itself] according to clearly defined principles, as also in respect to the exact mode of preparation and quantity of it required and the proper period for repeating the dose – if, finally, he knows the obstacles to recovery in each case and is aware how to remove them, so that the restoration may be permanent: then he understands how to treat judiciously and rationally, and he is a true practitioner of the healing art. He is likewise a preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in health.*

**[Organon of Medicine]**

# **FOREWORD**

Prime aim in writing this handbook is to meet the requirements of homeopathic medical students and practitioners. Idea is to provide a basic and comprehensive approach to the treatment planning, which one must adapt in the very beginning of a given clinical situation, and follow judiciously in a realistic manner keeping in touch with the current medical practice. Our endeavour is to follow standard medical therapy in a rational and clear pattern. Selective stress has been given to those diseases which are common to this country and are incorporated in the present text. The choice of drugs is an open one. We have included those drugs which by and large are standard drugs and are being traditionally used by masters of the prescribing art. Alternative methods of treatment have been mentioned only when they are needed. The therapeutic part has drugs which is based on the clinical situation and their particular therapeutic necessity. The idea of giving allopathic medicines is that: If at all a patient who is undergoing medication, consults a homeopath, he should be aware of the drugs and he should not stop these drugs. It is to be understood that being a homeopath you are not entitled to prescribe the allopathic drugs. In such situations the patient must be referred to the concerned specialist. The reference range of serological investigations may vary according to the laboratory method adopted. As such these need to be referred from current methods adopted by the respective laboratory.

This book is being framed according to the syllabus laid down by “The Central Council of Homeopathy” for the undergraduate and postgraduate level of curriculum at the national level.

The topics are divided into three broad sections. The first section deals with the Principles of Homeopathic Practice, second one with the Current Biomedical Concepts of Medicine and Their diagnosis and Homeopathic Therapeutics, the third and last one incorporates brief outline of commonly used Homeopathic Medicines.

We are fully conscious of our shortcomings and hence welcome criticism. We will highly appreciate the suggestions from our readers for the improvement of the book.

**Dr. V.K. Chauhan**

**Dr. Meeta Gupta**

## **ACKNOWLEDGEMENT**

Many individuals have contributed to the development of this book. We would like to thank all of them for their helpful advice. We would also like to acknowledge the help of all the consultants who offered invaluable expert advice, suggestions and feedback. We express our sincere gratitude to our teachers who inspired us to study medicine, and helped in understanding the finer perspectives of each subject. We also thank them for their consistent inspiration, encouragement, and motivation. We are grateful to many professional friends, work colleagues and students for useful feedback, information, help and ideas to make the book informative. We are indebted to our family members for their unconditional support and co-operation throughout the work. Special mention is due to Dr. Sarabjeet Kaur, who is BHMS, MD in Psychiatry for the most difficult task of editing this comprehensive book. Also special thanks to B. Jain Publishers for their support in bringing out this dream project into reality.

**Dr. V. K. Chauhan  
Dr. Meeta Gupta**

## ABOUT THE AUTHORS



**Dr V. K. Chauhan** is Principal, Dr B.R. Sur Homoeopathic Medical College, Hospital and Research Centre, Nanak Pura, New Delhi. He is Ex-professor of Medicine and Paediatrics at Nehru Homoeopathic Medical College, Delhi. He joined this prestigious institution as Demonstrator in 1977 and subsequently rose to become Professor. He has undergone continuous training at various prestigious institutions in India, UK and USA. He is MD in Repertory. He is currently involved at institutional level in teaching undergraduate and postgraduate students at different institutions.

He conducts weekly clinical meet with interns, HP and registrars.

He is also working as indoor incharge and also as unit incharge and is involved in indoor patient care. In outdoor patient department, he conducts OPD on arthritis. He is also Superintendent, for BHMS Examination of Delhi University. He frequently participates and contributes in CME of various organisations. He is external examiner and paper setter in the subject of medicine and anatomy, Punjab University. He is member of Delhi Homoeopathic Anusandhan Parishad and has co-authored many books on homeopathy with Dr Meeta Gupta. He has been awarded State Award 2006, Delhi Govt., for his untiring work in the field of homeopathy.



**Dr Meeta Gupta** is MD in Materia Medica from Lord Mahavira Homoeopathic Medical College, Kitchlu Nagar, Hehneman Road, Ludhiana. She has also done PGDHA (Post Graduate Diploma in Hospital Administration) from YMCA, New Delhi. She also has MSc (Ecology and Environment) from Indian Institute of Ecology and Environment, New Delhi. She is presently working as Senior Medical Officer in Dr B. R. Sur Homoeopathic Medical College, Hospital and Research Centre, Govt. of Delhi which keeps her actively involved in clinical teaching, research and administrative activities with a practical and scientific orientation towards homeopathy. She has co-authored many books on homeopathy with Dr V.K. Chauhan.

## **REFERENCES**

1. Hahnemann, Samuel; *Organon of Medicine*; B. Jain Publisher (P) Ltd., New Delhi.
2. Banerjee, S. K.; *Miasmatic Diagnosis*; B. Jain Publisher (P) Ltd., New Delhi.
3. Allen, J. H.; *The Chronic Miasms*; B. Jain Publisher (P) Ltd., New Delhi.
4. Kent, James Tyler; *Lectures on Homeopathic Philosophy*; B. Jain Publisher (P) Ltd., New Delhi.
5. Ortega, Proceso Sanchez; *Notes on the Miasms*; National Homeopathic Pharmacy, New Delhi.
6. Dhawale, M. L.; *Principles and Practice of Homeopathy*; Institute of Clinical Research, 40, Parekh Road, Goregaon, Bombay.
7. Kent, James Tyler; *Lectures on Homeopathic Materia Medica*; B. Jain Publisher (P) Ltd., New Delhi.
8. Boericke, William; *Homeopathic Materia Medica and Repertory*; B. Jain Publisher (P) Ltd., New Delhi.
9. Chaurasia, B. D.; *Textbook of Human Anatomy, Regional and Applied*; CBS Publishers and Distributors, New Delhi.
10. Guyton, Hall; *Textbook of Medical Physiology*; Prism Book (P) Ltd.
11. Cotran, Kumar, Robbins; *Pathologic Basis of Disease*; W. B. Saunders Company.
12. Park, K; *Textbook of Preventive and Social Medicine*; Banarsidas Bhanot Publishers, Jabalpur.
13. Harrison; *Principles of Internal Medicine*; McGraw-Hill, Inc., Health Professions Division.
14. Davidson; *Principles and Practice of Medicine*; Churchill Livingstone Publisher.
15. API; *Textbook of Medicine*; The Association of Physicians of India.
16. Bailey, Love; *Short Practice of Surgery*; Arnold Publishers.
17. Admas, John Crawford; Hamblen, David L.; *Outline of Orthopaedics*; ELBS with Chapman and Hall; London.
18. Marks, Ronald; *Roxburgh's Common Skin Diseases*; ELBS with Chapman and Hall; London.
19. Nelson, W. E.; *Textbook of Paediatrics*; W. B. Saunders Company.
20. Mumenthelar, Mark; *Neurology*; Thieme Medical Publishers, New York.
21. Bhatia, M. S.; *Essentials of Psychiatry*; CBS Publishers and Distributors, New Delhi.
22. Peedell, Clive; *Concise Clinical Oncology*; Elsevier, buterworth Heinemann.
23. Antia, F. P.; *Clinical Dietetics and Nutrition*; Oxford University Press, Bombay.
24. Golwalla, A.P.; *Medicine for Students*.

**PART - I**

**PRINCIPLES OF HOMEOPATHIC  
PRACTICE**

# Contents

## PART-I

### **PRINCIPLES OF HOMEOPATHIC PRACTICE**

1.	Introduction .....	3
2.	A brief history of medicine .....	4
3.	A Brief History of Homeopathy in India .....	9
4.	Homeopathic fundamentals .....	11
5.	Concept of Health, disease and cure .....	13
6.	Concept of disease causation .....	17
7.	Homeopathic concept of origin of disease .	23
8.	Hahnemannian classification of diseases ...	30
9.	Signs and Symptoms with their significance .....	33
10.	Constitution, Diathesis and Susceptibility .	36
11.	Disease Causation .....	39
12.	Tracing the picture of a disease .....	42
13.	Drugs and their sources .....	46
14.	The Homeopathic Drugs .....	47
15.	The potency scale .....	50
16.	Ideal Prescription .....	54
17.	Mode of action of drugs .....	61
18.	Different Aspects of Drug Selection .....	66
19.	First and Second Prescription .....	70
20.	Benefits of homeopathic treatment .....	74
21.	Dietetic restrictions for chronic diseases ...	75

## PART-II

### **MEDICINE INCLUDING HOMEOPATHIC THERAPEUTICS (PAPER 1)**

1.	Infectious Diseases .....	80
	Introduction .....	81

Fever (Pyrexia) .....	84
Pyrexia or unknown origin (PUO) .....	86
Diphtheria .....	86
Pertussis .....	90
Influenza .....	93
Measles .....	95
German measles .....	97
Chicken pox .....	99
Mumps .....	100
Poliomyelitis .....	102
Infectious Mononucleosis .....	105
Tetanus .....	107
Prophylaxis .....	109
AIDS .....	109
Sexually Transmitted Infections .....	113
 2. Tropical Diseases .....	125
Introduction .....	127
Malaria .....	127
History .....	127
Kala-azar .....	135
Amoebic dysentary .....	138
Bacillary Dysentery .....	141
Giardiasis .....	143
Typhoid fever .....	146
Cholera .....	152
Plague .....	158
Rabies .....	160
Dengue .....	162
Leprosy .....	168
Tropical Eosinophilia .....	168
Worm infestation .....	170
Epidemic dropsy .....	182
Fluorosis .....	184
Effects of heat .....	185

3.	Deficiency Diseases .....	191	Viral hepatitis .....	284
	Introduction .....	193	Cirrhosis .....	289
	Protein energy malnutrition in children .....	202	Hepatocellular carcinoma .....	292
	The vitamin .....	206	Amoebic liver abscess .....	293
	Iodine deficiency disorders (idd) .....	220	Cholelithiasis .....	295
4.	Diseases of Blood, Spleen and Lymph Glands .....	223	Acute cholecystitis .....	295
	Introduction .....	225	Chronic cholecystitis .....	296
	Polycythaemia rubra vera .....	235	Gall bladder carcinoma .....	297
	Leukaemia .....	236	Acute pancreatitis .....	298
	Hodgkin's disease .....	240	Pancreatic carcinoma .....	300
	Multiple myeloma .....	241	Peritonitis .....	301
	Idiopathic thrombo-cytopenic purpura .....	243	Tuberculous peritonitis .....	302
5.	Diseases of Digestive System, Peritoneum, ... Liver and Gall Bladder .....	247	6. Diseases of Respiratory System .....	305
	Introduction .....	247	Introduction .....	307
	Stomatitis .....	248	Common respiratory complaints .....	312
	Submucous fibrosis .....	250	Acute rhinitis .....	313
	Leucoplakia .....	251	Allergic rhinitis .....	316
	Oral carcinoma .....	251	Chronic hypertrophic rhinitis .....	318
	Achalasia cardia .....	253	Atrophic rhinitis .....	319
	Hiatus hernia .....	254	Sinusitis .....	320
	Oesophageal carcinoma .....	255	Nasal polyp .....	322
	Gastritis (acute and chronic) .....	257	Deviated nasal septum .....	323
	Peptic ulcer .....	258	Acute laryngitis .....	324
	Duodenal ulcer .....	259	Chronic laryngitis .....	326
	Pyloric stenosis .....	263	Acute bronchitis .....	326
	Gastric carcinoma .....	264	Chronic bronchitis .....	329
	Tuberculous enteritis .....	265	Emphysema .....	330
	Malabsorption syndrome .....	267	Bronchial asthma .....	332
	Tropical sprue .....	269	Pneumococcal pneumonia .....	339
	Coeliac disease .....	270	Viral pneumonia .....	343
	Crohn's disease .....	271	Bronchiectasis .....	344
	Ulcerative colitis .....	273	Lung abscess .....	346
	Diverticulitis .....	275	Lung collapse .....	347
	Acute appendicitis .....	276	Spontaneous pneumothorax .....	348
	Haemorrhoids .....	278	Pulmonary tuberculosis .....	349
	Anal fissure .....	280	Acute dry pleurisy .....	356
	Anal fistula .....	281	Pleural effusion .....	358
	Colonic and rectal carcinoma .....	282	Tropical eosinophilia .....	359

Pneumoconiosis .....	364
Sarcoidosis .....	365
7. Endocrine Disorders .....	371
Introduction .....	371
Common endocrine and metabolic disorders .....	380
Acromegaly .....	381
Pituitary gigantism .....	384
Lorain – levi syndrome .....	387
Simmond's disease .....	389
Hyperprolactinaemia .....	392
Diabetes insipidus .....	395
Goitre .....	397
Hyrotoxicosis .....	400
Grave's disease .....	401
Hashimoto's thyroiditis .....	405
De quervain's thyroiditis .....	407
Hypothyroidism .....	408
Cretinism .....	411
Hyperparathyroidism .....	413
Hypoparathyroidism .....	416
Tetany .....	418
Cushing's syndrome .....	420
Addison's disease .....	424
Conn's syndrome .....	428
Phaeochromocytoma .....	430
Diabetes mellitus .....	432
Macrovascular diseases .....	436
Diet chart for diabetic patient .....	445
Hyperlipidaemia .....	449
Hirsutism .....	452
Constitutional precocious puberty .....	454
Constitutional delayed puberty .....	455
Testicular maldevelopment .....	456
Gynaecomastia .....	458
Obesity .....	460
Iatrogenic endocrinological states .....	465

## PART-III

### **MEDICINE INCLUDING HOMEOPATHIC THERAPEUTICS (PAPER 2)**

8. Diseases of Locomotor System .....	471
Introduction to chapter on locomotor system .....	471
Rheumatoid arthritis .....	477
Sjögren's syndrome .....	480
Juvenile rheumatoid arthritis .....	481
Ankylosing spondylitis .....	482
Reiter's syndrome .....	484
Psoriatic arthropathy .....	485
Degenerative arthrosis .....	486
Cervical spondylosis .....	487
Lumbar spondylosis .....	488
Paget's disease .....	490
Gout .....	492
Pyogenic arthritis .....	496
Gonococcal arthritis .....	497
Rheumatic fever .....	498
Pott's disease .....	500
Prolapse lumbar intervertebral disc .....	502
Repetitive strain syndrome .....	503
Frozen shoulder .....	504
Tietze's disease .....	504
Ganglion .....	505
Dupuytren's contracture .....	505
Plantar fasciitis .....	506
Systemic lupus erythematosus .....	507
Osteoporosis .....	508
9. Diseases of Cardiovascular system .....	511
Introduction .....	513
Congenital heart diseases .....	518
Valvular heart diseases .....	524
Subacute bacterial endocarditis .....	529
Pericardial effusion .....	530
Chronic constrictive pericarditis .....	532
Cardiac arrhythmias .....	533
Heart blocks .....	539

Hypertension .....	541	Teething .....	603
High blood pressure .....	544	Dental caries .....	603
Left ventricular failure .....	545	Tonsillitis .....	605
Right ventricular failure .....	546	Adenoids .....	606
Ischaemic heart disease .....	548	Acute otitis media .....	607
Viral myocarditis .....	552	Secretory otitis media .....	609
Cardiomyopathy .....	553	Vomiting .....	610
Aneurysm of arch of aorta .....	555	Regurgitation .....	612
Dissecting aneurysm of aorta .....	556	Constipation .....	612
Buerger's disease .....	557	Diarrhoea .....	613
Raynaud's phenomenon .....	558	Enuresis .....	616
Venous thrombosis .....	559	Indian childhood cirrhosis .....	617
Varicose veins .....	560	Hydrocephalus .....	619
<b>10. Genitourinary Diseases/</b>		Cerebral diplegia .....	621
Disease of Kidneys .....	563	Sydenham's chorea .....	623
Introduction .....	565	Muscular dystrophies .....	625
Acute glomerulonephritis .....	570	Perthe's disease .....	628
Diet chart for acute glomerulonephritis .....	571	Napkin rash .....	629
Diet chart for nephrotic syndrome patient .....	573	Papular urticaria .....	630
Nephrotic syndrome .....	572	Constitutional sexual precocity .....	631
Acute urinary tract infection .....	574	Mental retardation .....	632
Chronic urinary tract infection .....	575	Down's syndrome .....	633
Acute renal failure .....	576	Pica .....	635
Chronic renal failure .....	578	Crying baby .....	635
Renal calculi .....	581	Lactose intolerance .....	636
Polycystic kidney disease .....	583	<b>12. Diseases of Nervous System</b> .....	639
Hydronephrosis .....	584	Introduction .....	641
Urethritis .....	585	Coma .....	650
Urethral stricture .....	586	Headache .....	655
Acute prostatitis .....	587	Migraine .....	656
Benign prostatic hypertrophy .....	588	Temporal arteritis .....	658
Prostatic carcinoma .....	591	Tension headache .....	660
Acute epididymo-orchitis .....	592	Cranial nerve lesions .....	662
Hydrocele .....	593	Trigeminal neuralgia .....	673
<b>11. Common Diseases of Children</b> .....	595	Bell's palsy .....	674
Introduction .....	597	Meniere's disease .....	676
Failure to thrive .....	598	Epilepsy .....	678
Neonatal jaundice .....	599	Transient ischaemic attack .....	683
Neonatal convulsions .....	601	Cerebrovascular accident .....	684
		Cerebral embolism .....	687
		Subarachnoid haemorrhage .....	691

Alzheimer's disease .....	694
Freidreich's ataxia .....	695
Motor neuron disease .....	697
Tabes dorsalis .....	700
Multiple sclerosis .....	702
Parkinson's disease .....	705
Huntington's chorea .....	708
Wilson's disease .....	709
Intracranial tumours .....	711
Meningococcal meningitis .....	715
Tubercular meningitis .....	718
Acute transverse myelitis .....	720
Syringomyelia .....	722
Subacute combined degeneration .....	724
Spinal cord compression .....	726
Peripheral neuropathy .....	728
Causalgia .....	731
Guillain-barre syndrome .....	731
Wrist drop .....	734
Claw hand .....	734
Carpal tunnel syndrome .....	735
Meralgia paresthetica .....	736
Foot drop .....	737
Sciatica .....	738
Myasthenia gravis .....	740
Charcot-marie-tooth disease .....	743
Myotonia dystrophica .....	745
13. Psychiatry .....	747
Introduction .....	749
Personality disorders .....	751
Neurotic disorders .....	756
Affective disorders .....	783
Schizophrenia .....	793
14. Common Skin Diseases .....	803
Introduction .....	805
Eczemas .....	806
Pyoderma .....	814
Fungus infestation of skin .....	821
Parasitic Infection .....	838
Viral Infections .....	830
Tuberculosis cutis .....	834
Leprosy .....	835
Psoriasis .....	838
Exfoliative dermatitis .....	839
Lichen planus .....	840
Pityriasis rosea .....	841
Pemphigus vulgaris .....	842
Vitiligo .....	843
Freckles .....	844
Melasma .....	845
Acne vulgaris .....	845
Acne rosacea .....	847
Pityriasis capitis .....	848
Alopecia areata .....	849
Male pattern baldness .....	850
Urticaria .....	851
Chilblains .....	853
Miliaria rubra .....	853
Corn .....	854
Callosity .....	855
Skin tag .....	855
Milium .....	856
Keloid .....	856
Sebaceous cyst .....	857
Hyperkeratosis (palms, soles) .....	858
Neurofibromatosis .....	859
Haemangioma .....	860
Scleroderma .....	862
Dermatomyositis .....	864
Fixed drug reaction .....	865
15. Acute Emergencies Including Poisonings .....	867
Introduction .....	869
shock .....	869
Cardiogenic shock .....	871
Neurogenic shock .....	872
Septic shock .....	873
Anaphylactic shock .....	874
Acute Myocardial Infarction .....	876
Complication of acute myocardial infarction .....	881
Acute severe asthma .....	882
Diabetic Emergencies .....	885

Generalised convulsive status	
epilepticus (GCSE) .....	887
Febrile convulsions .....	888
Breath holding Spasms .....	888
Meningitis .....	889
Massive haemoptysis .....	889
Poisoning .....	890
Other poisons .....	892