

KNOW Homoeopathy Journal

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Title: Diet and mode of living with homoeopathic treatment – A literature study regarding vedas and homoeopathy

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ABSTRACT

“Diet and Mode of living with Homoeopathy esp. in Indian context requires a simplification and standardization in respect to available literature by our stalwarts and this was carried out taking into consideration Dr. Samuel Hahnemann’s classical literary works i.e. Chronic Diseases and Organon of Medicines as well as Repertorial data presented in Boger’s Synoptic Key regarding various desires and aversions of patients in Nutshell suffering from various diseases esp. Acute ones.”

AIM

To simplify advisory related to Diet and Mode of Living for Homoeopathic treatment.

OBJECTIVES

1. Develop advisory related to Diet and Mode of Living for Homoeopathic treatment in acute diseases
2. Develop advisory related to Diet and Mode of Living for Homoeopathic treatment in chronic diseases

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MATERIALS AND METHODS

Assessing General Homoeopathic Diet & Mode of Living by going through classical literature work by our stalwarts of Homoeopathy esp. Dr. Samuel Hahnemann and Dr. C. M. Boger will be carried out by going through various originally available literature works by them in this literary research. Particular/ Specific - Disease wise advisory – to be followed as per disease diagnosed.

REVIEW OF LITERATURE

Ayur-veda recognizes “Vishasya Visham Aushadham” which means - Poison is neutralized by poison; about 5000 years back; and

Shushrut Samhita in 600 BC recognizes as “Samah Samam Shamayti – means disease will be extinguished by use of similar medicine.

IN BHAGVATA GITA LORD KRISHNA STATES – DESIRES ARE THE ROOT CAUSE OF ALL EVILS

Therefore, desires and cravings regarding food and mode of living becomes the key to eradicate the EVIL in medical sciences i.e. Disease

Why stress on such advisory in Homoeopathy?

As per Sec. 259 of Organon of Medicine in which Dr. Hahnemann states Homeopathic medicines are Simple and Minimum doses, therefore greater precautions are required regarding diet and regimen for proper healing action to take place.

In Acute Diseases, Master Hahnemann states that physician should allow his patient as per his/her cravings at that time as they are nature’s language to recover them from illness.

In Chronic Diseases, restriction in diet and regimen are to be applied as per type of illness as they are due to Chronic Miasms and not cured by themselves or by vital powers of the body, in such cases cure will occur only from an effective medicine with diet and regimen letting medicines to act properly.

To fulfill cravings in Acute Diseases - Repertorial Data from Boger’s Synoptic Key was assessed to justify various types of patients having different cravings and desires in condition of illness.

Quantity and Type of Food !!!

There is no prescription as to the quantity of food to be taken, since the wants and the inclination of the patient in this respect supply the correct standard. Only the kind of food to be taken is defined by the physician as per the diseased state of the patient.

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Vegetables - Among the vegetables permitted are potatoes, ground-nuts, beets, cauliflower, cabbage and kale, spinach, leguminous plants, carrots, reddish and turnips, when they are prepared without spices and with only a moderate amount of fat. Vinegar and pickles are to be avoided.

Well-baked and unspiced bread of clean wheat, and more preferably Rye Bread is advisable.

Prepared vegetables are harmless.

One can take sparingly during illness - rice, maize, wheat, oats and barley, as also millet, peas, lentils and beans; the latter, because they cause flatulence, must often be used very moderately; sago also includes in this group.

Salads which are cooked, but not the raw salads, may be eaten.

As a rule, all fruit when fully ripe, if the sweet varieties, are chosen, may be safely eaten.

Beverages - The most natural and harmless drink is pure water that has been boiled and afterward cooled again;

Next to this we would place milk, with butter-milk and whey, though the latter must be freed from its medicinal qualities by boiling.

People addicted to alcohol can be permitted for taking small quantities of beer or diluted wine, which is not brewed too strong and are well fermented.

Carbonated drinks in chronic diseases esp. chilled waters are to be avoided.

Perfumed substances to be avoided as far as possible and also the smell of camphor especially. Among these are the many kinds of Perfumes made of ambergris, musk and many kinds of ethereal oils.

Toiletries like perfumed pomades, intense smelling soaps, smelling mixtures and washes, naphthas, eau de cologne, should be avoided.

External applications, Ointments are just palliatives, so should not be stressed upon much as far as internal medicines are working.

MODE OF LIVING TO BE FOLLOWED AS PER HOMOEOPATHIC LITERATURE

The clothing of the patient ought to be comfortable

Moderate exercise, especially in the open air, is very desirable

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One should sleep, eat and drink according to his desire, neither more nor less;

One should not withdraw from any innocent social amusement; the endeavor should be to keep the mind as well as the body in as comfortable a state as possible, which furthers the cure

One should seek to fill out his/ her spare time as far as possible with light and pleasant employments as per bodily energy.

With respect to the mind and spirit, everything passionate and straining is very injurious, and should be carefully avoided.

Not only vexation, grief, fright, anger, etc., but also excessive joy and other pleasant affections act in a disturbing manner.

Social interaction and not letting the patient feel that he is psychologically ill is part of counseling for recovery of mental illness in cases of acute and chronic diseases as per sections 210 to 230 of Organon of Medicine.

DISCUSSION

Homeopathic medicines are Simple and Minimum doses, therefore greater precautions are required regarding diet and regimen for proper healing action to take place.

In Acute Diseases , Master Hahnemann states that physician should allow his patient as per his/her cravings at that time as they are nature's language to recover them from illness.

In Chronic Diseases, restriction in diet and regimen are to be applied as per type of illness as they are due to Chronic Miasms and not cured by themselves. In cases of Mental diseases patient requires psychological counseling for complete recovery.

There is no prescription as to the quantity of food to be taken, only the kind of food to be taken is defined by the physician as per the diseased state of the patient.

Comfortable clothing, moderate exercise, sound sleep, keeping oneself busy in spare time as per bodily energy, socializing a little as per nature helps speedier recovery.

SUMMARY AND CONCLUSION

In acute diseases, patient should be allowed to eat as per his cravings of food and drinks as well as according to the disease they are suffering from; but in Chronic diseases, advisory becomes important as

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patient cannot recover by its own. In chronic diseases psychological counseling also becomes important esp. in mental diseases as mentioned in Sec. 210-230 of Organon of Medicine.

Comfortable clothing, moderate exercise, sound sleep, keeping oneself busy in constructive work esp. sedentary ones in spare time as per bodily energy, socializing a little as per nature helps speedier recovery.

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