

KNOW Homoeopathy Journal

Bi-Annual, Indexed, Double-Blind, Peer-Reviewed, Research Scholarly, Online Journal in Field of Homoeopathy

KNOW Homoeopathy Journal Vol-6 & Issue-1, March 2026, Published at

<https://www.knowhomoeopathyjournal.com/2026/04/volume-6-issue-1.html>, Pages: 73-75, Title Book Review on – Therapeutic Guide: The Most Important Results of More Than Forty Years' Practice BY G.H.G. JAHR, Authored By: Dr Muskan Sobti (MD Scholar, Repertory Department, Bakson Homoeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh, India) & Co-Authored By: Dr Priya Tomar (MD scholar, Department of Organon of Medicine, Bakson Homoeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh, India.), Dr Diksha verma (MD Scholar, Repertory Department, Bakson Homoeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh, India.)



VOLUME-6 ISSUE-1
MARCH 2026

BOOK REVIEW

Title: Book Review on – Therapeutic Guide: The Most Important Results of More Than Forty Years' Practice BY G.H.G. JAHR

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Published by: B. Jain Publishers p. Ltd.

Language: English

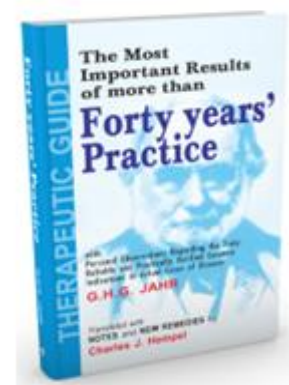
Pages: 364

INTRODUCTION:

Dr Jahr's therapeutic guide is the amalgamation of all his learnings from his forty years of practice. He has given homoeopathic practitioners a real gem of a book, which provides insights into the practical applications of all the principles of homoeopathy laid down by Dr Samuel Hahnemann.

He explains the importance of considering the patient as a whole while emphasising all aspects of the patient, including mental and physical

spheres.



He has used his own case examples, including both his successes and failures. He not only provides the reader with remedies to use in clinical conditions but also explains the potency and repetition in this book, which is essential for both beginners and experienced

homoeopaths who wish to enhance their clinical knowledge.

By using simple language, the book is accessible to readers at various stages of clinical practice.

HIGHLIGHTS OF THE BOOK:

The book begins with an extensive preface by the author himself, in which he explains how he conceived the idea and concept of the book. Here, he also highlights the importance of a clinical guide or repertory for quick reference. Dr Jahr explains the importance of clinical verification and how, in this book, he has indicated the most important and decisive points for the selection of a remedy from his own individual experience during 40 years of practice.

The book is divided into 36 chapters, beginning with mental and psychical derangements and ending with a few special morbid conditions. Each chapter begins with a general remark about the condition and the author's insight into the topic. This is followed by various clinical conditions of that part. Under each condition, the author explains the medicines that he used in his practice.

The unique thing about this book is that the author has mentioned case studies from his own clinical practice, and he discusses even the failures he faced while prescribing some commonly used medicines, and then he goes on to tell which medicine took him closer to a cure. He further discusses various sequences of medicines that he used in certain cases, which proved to be beneficial for the case.

I would like to highlight a few chapters that caught my attention and can be useful for any practitioner and even students who are beginning to understand the basics of real-life clinical practice.

Chapter 1 deals with mental and physical derangements. This chapter begins with a general remark about various mental derangements and certain case studies successfully treated by the author. Here, he highlights the importance of exciting causes in

the treatment of mental diseases. He also instructs the physician to select the remedy carefully and not to use large doses of an improperly chosen remedy, chosen by general indications. He also mentions how important dreams are in the selection of remedies.

As a beginner homoeopath, I seldom struggle while dealing with acutes. I find this book to be a tremendous help in acute cases, especially cold and cough cases, which are a little difficult to handle due to the paucity of symptoms. The author has given a separate section for affections of the nose and catarrh, which includes conditions like nasal polyps, epistaxis, and coryza. Another chapter on the affections of the fauces covers different types of tonsillitis and affections of the throat. Another chapter on the affections of the larynx and bronchi, which includes various affections of the larynx and bronchi and a section on various kinds of cough, like catarrhal cough, gastric cough, nervous or spasmodic cough, and also indications of cough according to exciting causes and the time when cough breaks out. This section helps in understanding various remedies and their practical application. Difficulties of respiration and pulmonary affections, along with diseases of the heart, are mentioned in chapter 21.

Another important condition, which has been mentioned in detail, is the chapter on fever.

Chapter 26 deals with various kinds of fever, including scarlatina, measles, rubeola, smallpox, and non-contagious eruptive fevers. Chapter 33 is intermittent fever. This chapter in itself is unique, as after the general remarks, the author talks about three categories or series of fever remedies. Chapters 34 and 35 deal with typhus, typhoid fevers, and various kinds of fevers and morbid sweats, respectively. A special mention about the most important intercurrent remedies and less frequently used medicines is given in Chapter 34.

Chapters 11 to 15 deal with various kinds of affections of the stomach, liver, spleen, diaphragm, hernia, inflammations, colic, helminthiasis, diarrhoea, dysentery, constipation, etc. These chapters also have the author's experiences, including successes and

failures with certain remedies that he used in these conditions.

A detailed chapter on the author's experiences in the affections of urinary organs and secretions is also given.

Chapters 17 and 18 deal with male and female organ-related diseases, respectively. These chapters deal with conditions related to parts as well as conditions related to sexual functions.

As homoeopaths, we often encounter difficult skin-related diseases, and most of the time, the patients come to us after years of suffering and demand quick relief for their complaints. For this, we have various chapters dealing with various skin conditions, including dry and humid eruptions, boils, carbuncles, tumors, warts, corns and even external injuries and wounds. This allows the reader to get a quick reference while prescribing in a busy clinical setting.

The last chapter is again an important addition as the author discusses a few special morbid conditions, including states of exhaustion and debility, colds, suppression, emotions, medicinal diseases, and poisonings. This tells us how much Dr Jahr's work is based on Dr Hahnemann's concepts and beliefs.

However, A more detailed index would have enhanced navigation in the book. Furthermore, incorporating illustrations would have facilitated a better comprehension, as it engages the reader better.

CONCLUSION

This book is surely one of a kind and one of the most underrated homoeopathic literature. This book can be a one-stop for understanding and learning practical prescribing techniques for both beginner and experienced homoeopaths. This book is a perfect blend of old and authentic concepts and modern, practical utilization for the selection of the correct similimum.

Received: 28/07/2025

Accepted: 26/10/2025

Published: 22/04/2026

How to cite this article:

Sobti M, Tomar P, Verma D. Book Review on – Therapeutic Guide: The Most Important Results of More Than Forty Years' Practice BY G.H.G. JAHR, KNOW Homoeopathy Journal, 2026; 6(1):73-75, available at <https://www.knowhomoeopathyjournal.com/2026/04/Book-review-on-therapeutic-guide-by-ghg-jahr.html>

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