

SPECIAL REPORT

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Nigel Turner

The Natural Health Cures

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Action of Alcohol on Internal Organs

Action on the stomach.

The action of alcohol on the stomach is extremely dangerous that it becomes unable to produce the natural digestive fluid in sufficient quantity and also fails to absorb the food which it may imperfectly digest. A condition marked by the sense of nausea emptiness, prostration and distention will always be faced by an alcoholic. This results in a loathing for food and is teased with a craving for more drink. Thus there is engendered a permanent disorder which is called dyspepsia. The disastrous forms of confirmed indigestion originate by this practice.

How the liver gets affected.

The organic deteriorations caused by the continued use of alcohol are often of a fatal character. The organ which most frequently undergoes structural changes from alcohol is the liver. Normally, the liver has the capacity to hold active substances in its cellular parts. In instances of poisoning by various poisonous compounds, we analyze liver as if it were the central depot of the foreign matter. It is practically the same in respect to alcohol. The liver of an alcoholic is never free from the influence of alcohol and it is too often saturated with it. The minute membranous or capsular structure of the liver gets affected, preventing proper dialysis and free secretion. The liver becomes large due to the dilatation of its vessels, the surcharge of fluid matter and the thickening of tissue. This follows contraction of membrane and shrinking of the whole organ in its cellular parts. Then the lower part of the alcoholic becomes dropsical owing to the obstruction offered to the returning blood by the veins. The structure of the liver may be charged with fatty cells and undergo what is technically designated 'fatty liver'.

How the Kidneys deteriorate.

The Kidneys also suffer due to the excessive consumption of alcohol. The vessels of Kidneys lose elasticity and power of contraction. The minute structures in them go through fatty modification. Albumin from the blood easily passes through their membranes. This results in the body losing its power as if it were being run out of blood gradually.

Congestion of the lungs.

Alcohol relaxes the vessels of the lungs easily as they are most exposed to the fluctuations of heat and cold. When subjected to the effects of a rapid variation in atmospheric temperature, they get readily congested. During severe winter seasons, the suddenly fatal congestions of lungs easily affect an alcoholic.

Alcohol weakens the heart.

Consumption of alcohol greatly affects the heart. The quality of the membranous structures which cover and line the heart changes and are thickened, become cartilaginous or calcareous. Then the valves lose their suppleness and what is termed valvular disorder becomes permanent. The structure of the coats of the great blood-vessel leading from the heart share in the same changes of structure so that the vessel loses its elasticity and its power to feed the heart by the recoil from its distention, after the heart, by its stroke, has filled it with blood.

Again, the muscular structure of the heart fails owing to degenerative changes in its tissue. The elements of the muscular fiber are replaced by fatty cells or, if not so replaced, are themselves transferred into a modified muscular texture in which the power of contraction is greatly reduced.

Those who suffer from these organic deteriorations of the central and governing organ of the circulation of the blood learn the fact so insidiously; it hardly breaks upon them until the mischief is far advanced. They are conscious of a central failure of power from slight causes such as overexertion, trouble, broken rest or too long abstinence from food. They feel what they call a 'sinking' but they know that wine or some other stimulant will at once relieve the sensation. Thus they seek to relieve it until at last they discover that the remedy fails. The jaded, overworked, faithful heart will bear no more. It has run its course and the governor of the blood-streams broken. The current either overflows into the tissues gradually damming up the courses or under some slight shock or excess of motion ceases wholly at the centre.



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CAUSES OF LOW BACK PAIN.

Low back pain is a usual symptom among the modern civilized people. It affects mainly the middle aged and young adults of both sexes. People who work on the chair with out exercise and those who carry heavy loads regularly are prone to get this complaint. We can hardly find a person who has not suffered from back pain at least once in life. The causes of low back pain ranges from simple reasons like muscular strain to cancer of spine and hence backache should not be ignored. The pain is felt in lumbar and sacral region and may radiate to nearby sites.

The following are some causes for backache.

- 1) Backache due to diseases in the back.
- 2) Backache due to gynecological problems.
- 3) Backache due to problems in other parts of the body.

1) Backache due to diseases in the back:--

a) Injuries:-

- 1) Compression fracture of the vertebral column.
- 2) Rupture of intervertebral discs.
- 3) Injuries to ligaments and muscles of back.

- 4) Lumbosacral strain.
- 5) Intervertebral joint injuries.
- 6) Fracture of processes of vertebra.

b) Functional backache due to imbalance:-

- 1) During pregnancy.
- 2) Pot belly.
- 3) Diseases of the hip joint.
- 4) Curvature in the spine due to congenital defect.
- 5) Short leg in one side.

c) Backache due to inflammatory conditions:-

- 1) Infection of the bone due to bacteria.
- 2) Tuberculosis of the spine.
- 3) Arthritis.
- 4) Brucellosis.
- 5) Lumbago or fibrositis.
- 6) Inflammation of the muscles.
- 7) Anchylosing spondylitis.

d) Backache due to degenerative diseases in the back.

- 1) Osteoarthritis.
- 2) Osteoporosis in old people.
- 3) Degeneration of the intervertebral disc.

e) Tumor in the spine:--

- 1) Primary tumor of the bones in the spine.
- 2) Metastatic tumors from other sites like prostate, lungs, kidneys, intestine etc.

2) Backache due to gynecological problems:-

- a) After childbirth.
- b) After gynecological operations.
- c) Prolapse of the uterus.
- d) Pelvic inflammatory diseases.
- e) Cancerous lesions of the pelvic organs.
- f) Endometriosis.

3) Backache due to problems in other parts of the body.

- a) Renal stones.
- b) Ureteric stone.
- c) Cancer of prostate.
- d) Pancreatitis.
- e) Biliary stones.
- f) Peptic ulcer.
- g) Inflammations of pelvic organs.
- h) Occlusion of aorta and iliac arteries.

Investigation of a case of backache:-

- 1) Complete blood count.
- 2) Routine urine examination.
- 3) Ultrasonography of the abdomen and pelvis.
- 4) X-ray of the lumbar and sacral region.
- 5) MRI of the spine.
- 6) CT scan of abdomen and pelvic region.
- 7) Examination of rectum, prostate, genito urinary organs.

Treatment of back ache:-

- 1) Removing the cause for backache.
- 2) Symptomatic treatment.
- 2) Back exercises.
- 3) Traction.
- 3) Yoga.
- 5) Surgery.
- 7) Homoeopathy.



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Bad Breath

Causes of bad breath?

Bad breath is a common health problem which greatly affects the day-to-day activities of so many people. The offensive odor from the mouth is unpleasant to those who come in close contact with bad breathers. The problem will be doubled by psychological trauma leading to depression. The sufferers from this problem will be isolated from the society. This can even lead to marital disharmony.

Literally speaking all human beings are badbreathers. Oral cavity contains millions of anaerobic bacteria like fusobacterium and actinomyces which acts on the protein of food materials and putrefies them. This process results in the formation of offensive gases like hydrogen sulphide, methyl mescaptan, cadaverin, skatol, putrescine etc. causing bad odor. If oral hygiene is not maintained properly all will suffer from bad breath. Most of us control this by regular brushing, tongue cleaning and gargling. Even after maintaining cleanliness in the mouth some individuals suffer from offensive smell due to various causes which has to be diagnosed and treated properly.

Some common causes of bad breath.

1) Poor oral hygiene:

If oral hygiene is not maintained properly the mouth becomes the seat for millions of bacteria which produce offensive gases by degrading the food debris. Bad breath is severe in those who do not brush their teeth regularly and clean their

mouth after every food. Snacks taken in-between meals can also produce bad breath because of improper cleaning.

Badbreath is common in almost all people in the morning on waking. During sleep there is less production of saliva .Saliva has got some antibacterial properties which help to keep the mouth clean. Saliva contains oxygen molecules which are needed to make oral cavity aerobic. So the reduction in it's quantity during sleep makes a favorable condition for anaerobic bacteria.

2) Food habits:

The main cause of bad smell is due to degradation of protein by the bacteria and hence all food products rich in protein favor bad breath. Meat, fish, milk products, eggs, cakes, nuts, pear and etc. can cause bad breath. Some food articles can produce particular type of smell which may be unpleasant. Raw onion can produce typical bad smell. It is said that an apple a day keeps the doctor away, a raw onion a day keeps everybody away. Eating groundnuts can also produce bad smell. However if proper cleaning is done smell can be reduced irrespective of the nature of food. Irregularity in timing of food can also produce bad breath. Small food articles taken in between the meals can also produce bad smell.

3) Biofilm:

There is formation of a thin sticky coating called biofilm on the tongue and oral mucosa. This coating is thick on the posterior aspect of the tongue where millions of gram negative bacteria are seen .The thick coating on the tongue is always associated with badbreath. Even a thin biofilm can make anaerobic condition favorable for bacterial proliferation.

4) Dental caries:

This is a destructive process causing decalcification with destruction of enamel and dentine resulting in cavitation of the tooth. These are produced mainly by the lactobacilli. Food particles are deposited inside these cavities and are putrefied by the anaerobic bacteria producing bad smell. Normal brushing will not remove the food debris easily and hence they are putrefied completely. Caries are common in school going children and in those who do not maintain proper oral hygiene. Calcium and vitamin deficiency can also predispose caries.

5) Gingivitis:

Gum is a mucus membrane with supporting connective tissue covering the tooth bearing borders of the jaw. The main function of gum is protection. Gingivitis is the inflammation of the gum. Due to various causes gum tissue get infected resulting in swelling, pain and discharge. If the condition becomes worse the infection spread towards peridontal area leading to continuous discharge called pyorrhoea. Some times the infection goes deep producing alveolar abscess with discharge of pus. Infection can even reach the bone causing osteomyelitis. All these conditions can produce offensive smell.

6) Gum retraction:

When the gums retract from the teeth a gap is developed which will lodge food particles and cause bad breath.

7) Dental plaques and tartar deposits:

Plaques and tartar is deposited mainly in the gaps between the teeth and gum. This will provide shelter for the food debris and bacteria causing bad breath.

8) Ulcerative lesions& coatings:

Almost all ulcerative lesions of the mouth are associated with bad breath. These lesions may be caused by bacteria, viruses, food allergies or due to autoimmune disorders. Aphthous ulcer is the commonest among ulcerative lesions. Others are herpes, fungal infections, vincent's angina, infectious mononucleosis, scarlet fever, diphtheria, drug reactions and etc. Cancerous ulcers produce severe bad breath. All fungal infections produce white coating(candidiasis). Leucoplakia is a white thick patch on the mucus membrane of the mouth & tongue. It is considered as a precancerous condition. Offensive breath is associated with these conditions.

9) Diseases of the salivary glands:

Saliva is very useful to supply oxygen to all parts of the oral cavity. Even a thin film of coating called biofilm can provide an anaerobic condition in the mouth. Saliva can wet these layers and make an aerobic condition which is unfavorable for the bacteria. Any condition which reduces the production of saliva can increase bacterial activity. Some times the salivary duct is obstructed by stones or tumors. Cancer of the salivary gland is associated with offensive odor. In supportive parotitis purulent discharge in to the mouth causes bad breath.

10) Tonsillitis:

Tonsils are a pair of lymphoid tissue situated in the lateral wall of oropharynx. Inflammation of the tonsil is called tonsillitis. Bad breath is seen in both acute and chronic tonsillitis. Quinsy or peritonsillar abscess can also produce bad breath.

11) Tonsillar plaques & tonsillar fluid:

If bad breath persists even after maintaining proper oral hygiene there is possibility of this condition. Serous fluid secreted from the folds of tonsil is very offensive. Some patients complain that they hawk some cheesy materials from the throat; which are very offensive in nature. These are formed inside the tonsillar crypts which contain thousands of bacteria. In such conditions tonsillectomy gives noticeable relief from bad breath.

12) Pharyngitis& pharyngial abscess:

Pharynx is a fibromuscular tube which forms the upper part of the digestive & respiratory tract. Inflammation of the pharynx is called pharyngitis, caused mainly by bacteria and viruses. Bad breath is present in pharyngitis along with other signs like cough and throat irritation. Abscesses in the wall of pharynx can also produce offensive discharge of pus in to the throat.

13) Dentures:

Denture users may complain about bad smell due to lodgment of small food debris in between. Proper brushing may not be possible in denture users especially fixed dentures.

14) Tobacco:

Tobacco chewing is associated with bad breath. The smell of tobacco itself is unpleasant for others. Tobacco can irritate the mucus membrane and cause ulcers and coatings. Gingivitis and pyorrhoea are common in tobacco chewers. Tartar is deposited on the teeth mainly near the gums. Tobacco chewers get gastric acidity with eructations. All these cause offensive smell.

15) Smoking:

Smokers always have bad smell. It can also produce lesions in the mouth & lungs causing bad breath. Smoking increases carbon dioxide in the oral cavity & reduces oxygen level, causing a favorable condition for bacteria. Smoking reduces appetite & thirst hence acid peptic disease is common in chain smokers.

16) Lesions in the nose & ear:

Bad breath is occasionally seen in sinusitis(infection of para nasal sinuses). In case of post nasal dripping bad breath is common due to the presence of protein in the discharges. These proteins are degraded by the bacteria. Infection in the middle ear with discharge of pus in to the throat through the Eustachian tube(passage from middle ear to the throat)can also cause offensive odor. Chronic rhinitis(infection of mucus membrane of nose) and foreign bodies in the nose can also produce bad smell in the expired air.

17) Diabetes mellitus:

Mostly all diabetic patients suffer from bad breath. Coated tongue, ulcers & coatings in the mouth, increased sugar level in tissues etc. are responsible for bad breath. Bacterial growth in diabetic patient is very faster than non diabetic individuals.

18) Fevers:

Bad breath is common in almost all fevers. Even an acute fever can produce bad breath. Severe bad breath is seen in typhoid. Other infectious diseases like Tuberculosis, AIDS etc. produce bad smell.

19) Fasting & dehydration:

Dry mouth favors bacterial activity. So any condition which produces dryness in the mouth makes the breath offensive. Even though the food particles are known to produce bad breath, fasting can also produce the same. Production of saliva is also reduced during fasting. Chewing and swallowing also helps to keep the mouth clean.

20) Bedridden patients:

Bedridden patients suffer from offensive breath due to thick coating on the tongue. Water intake is also limited in these patients. Regurgitation of food aggravates the condition. Since they talk less aeration in the oral cavity is reduced which favors anaerobic bacteria to become active.

21) Diseases of stomach & esophagus:

Eructation of gas and food produce unpleasant smell. Abnormality in the function of lower sphincter can allow the food to regurgitate upwards causing bad breath. Bad breath is also common in gastritis, gastric ulcer and cancer of stomach.

22) Intestinal diseases:

Bad breath is common in patients suffering from ulcerative lesions of intestine like ulcerative colitis. Other diseases are malabsorption syndrome intestinal tuberculosis, peritonitis etc.

23) Diseases of lungs:

Lung diseases like pneumonia, lung abscess, chronic, bronchitis, bronchiectasis, tuberculosis, lung cancer etc. can produce bad odor during expiration.

24) Liver disorders:

Liver diseases like hepatitis, cirrhosis, can cause bad breath. Gall bladder diseases with vomiting also causes unpleasant odor.

25) Psychiatric patients:

Bad breath is common in psychotic patients due to poor hygiene, irregular food habits, less water intake and etc.

26) Somatisation disorder:

This is a psychiatric disorder characterized by the presence of a physical symptom that suggest a medical illness .These patients come with physical complaints like pain, nausea difficult respiration, bad smell etc. This condition is diagnosed after detailed examination of the patient with all investigations. Since this is a psychiatric disorder it has to be managed with a psychological approach.

[THE POINTS MENTIONED IN THIS ARTICLE IS FOR GENERAL INFORMATION. ANY PERSON HAVING BAD BREATH SHOULD CONSULT A QUALIFIED DOCTOR]



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Food Poisoning

Introduction:

Food poisoning is an acute gastroenteritis caused by the consumption of a food material or a drink which contains the pathogenic micro organism or their toxins or poisonous chemicals. Food poisoning is common in hostels, hotels, communal feedings and festival seasons.

A group of persons will be affected with same type of symptoms ,and they give a history of consumption of a common food before few hours.

Types of food poisoning

1) Bacterial food poisoning:

Here the micro organisms called bacteria are responsible. The food material may contain the pathogenic bacteria or their toxin and will be ingested along with the food.

2) Non bacterial food poisoning:

Due to the presence of toxic chemicals like fertilizers, insecticides, heavy metals and etc.

Since bacterial food poisoning is common it is discussed here.

Bacterial food poisoning:

All bacteria are not harmful. There are some pathogenic bacteria which secrete toxins and cause clinical manifestations. These organisms enter the human body through food articles or drinks.

How food poisoning occurs:

- 1) Presence of bacteria in the water.
- 2) The raw materials for the food may contain toxins.
- 3) Premises where the food is prepared may contain micro organisms or toxins.
- 4) Food handlers may have some infectious diseases.
- 5) Some animals like dogs, rats may contaminate the food.
- 6) If prepared food is kept in the room temperature for a long time and heated again can make a chance for food poisoning.
- 7) Purposely some body mixing toxins in the food.

Some common bacterial food poisonings.

1) Salmonella food poisoning:

There are three different varieties of salmonella bacteria.(salmonella typhimurium, salmonella cholera suis, salmonella enteritidis) These bacteria are present in milk, milk products and eggs. Symptoms of this food poisoning include nausea, vomiting and diarrhea. Fever is also common.

2) Botulism:

This is the dangerous type of food poisoning caused by clostridium botulinum. The spores of these organisms are seen in the soil and enter the human body through pickles and canned fish etc. Compared to other food poisonings here vomiting and diarrhea are rare Mainly the nervous system is affected. The

symptoms start with double vision, numbness with weakness. Later there will be paralysis with cardiac and respiratory failure ending in death.

3) Staphylococcal food poisoning:

It is caused by staphylo coccus aureus. These organisms usually cause skin troubles like boils and eruptions. It causes mastitis in cow. Through the milk and milk products it enders and causes gastroenteritis. There will be vomiting, abdominal cramps with diarrhea.

4) Clostridium food poisoning:

This is caused by clostridium perfringens. They are present in stool, soil and water. They enter the body through meat dishes and egg etc. If food articles are cooked and kept in room temperature for a long time and heated again before eating can result this food poisoning. Symptoms include vomiting ,diarrhea and abdominal cramps.

5) Bacillus cereus:

The spores of these organisms can survive cooking and causes enteritis. Diarrhoea and vomiting is common in this infection.

How to investigate food poisoning?

- 1) Examine each and every person affected.
- 2) Water sample should be tested.
- 3) Kitchen, store room and food samples should be examined.
- 4) The cook and food handlers should be questioned and examined.

5) Samples of vomitus and stool of all victims should be tested to identify the bacteria.

How to prevent food poisoning:-

- 1) Only purified water should be used.
- 2) Hygiene should be maintained by all persons keeping contact with food.
- 3) Workers should use masks, cap and gloves during cooking and serving.
- 4) Sick individuals should not come in contact with food materials.
- 5) Kitchen and premises should be neat and clean.
- 6) Vessels should be washed with soap and hot water.
- 7) Should not keep the prepared food for a long time in room temperature.
- 8) All food materials should be kept in closed containers.
- 9) Animals like dog, cat, rat etc. should not come in contact with food materials.
- 10) Vegetables should be washed before cooking.
- 11) Meat should be fresh and should be purchased from recognized slaughter house.

Hernia

Introduction

Hernia is an abnormal protrusion of internal organs through an abnormal opening in the wall of the cavity. A combination of increased pressure inside the body with weakness in the wall is responsible for this condition. In this condition internal organs or parts of organs are protruded out forming a swelling which will increase the size with coughing and lifting weight, and while passing stool and urine. In lying down position the swelling goes inside except in strangulated and irreducible hernia.

Causes:-

1, Weakness in the body wall:--

- a) Congenital weakness.
- b) Acquired weakness due to injuries, wasting of muscles, suppurative lesions in the wall and presence of weak natural openings, obesity, lack of exercise, repeated pregnancy.
- c) Surgical operation with improper suturing or sepsis of operated site.

2) Increased pressure inside the body.

- a) Chronic constipation.
- b) Recurrent cough.
- c) Weight lifting.
- d) Stricture of urethra.

Common sites for hernia:--

Hernia can occur anywhere in the body. However there are some common sites for hernia. Due to the presence of hard bony covering chest wall is normally not affected. Hernia in the lower back is also rare due to spine and back muscles and tough ligaments and sheaths. The common site for hernia is abdominal wall. Compared to other parts the abdominal wall is weak due to the presence of some natural orifices. There are some areas wherein the abdominal muscles are weaker and thin and all these factors make a chance for herniation. The common sites for hernia are following.

a) Inguinal hernia:

Here the abdominal contents protrude through the inguinal canal (passage in the lower abdominal wall just above the inguinal ligament. It is seen on either side). This type is common in males. Initially the swelling comes only while straining and goes back while lying down. Later the large portion of intestine may come out which may not go back easily.

b) Femoral hernia:

This type of hernia is more in females. Here the abdominal contents pass through the femoral canal which is seen just below the junction between the thigh and lower abdominal wall (Inside the femoral triangle). The contents pass downwards and come out through saphenous opening in the thigh and forms a swelling under the skin.

c) Umbilical hernia:

This is common in children. The umbilicus is the weaker part of the abdomen. The contents of the abdomen may protrude as a bulb like swelling while crying and defecating.

d) Incisional hernia:

These hernias are seen in operated sites. Due to improper suturing or sepsis the operated site becomes weak resulting in hernia.

e) Epigastric hernia:

Here the herniation occurs in the epigastrium. It is a rare type.

f) Lumbar hernia:

Here the hernia appears in the lumbar area on either side of the lumbar spine (in the lumbar triangle). This is also a rare type.

g) Obturator hernia:

This is a rare type of hernia. Here the contents pass through obturator foramen in the pelvic bone.

Complications of hernia:--

1) Strangulation:

If the hernial orifice is narrow the abdominal contents may not go back easily, and later the blood flow to the herniated tissues may be blocked due to constriction. This can cause death of protruded intestine.

2) Intestinal obstruction:

This occurs when the whole portion of the intestine is protruded in to the hernial sac. The narrow hernial orifice will block the passage of bowels.

3) Infection and peritonitis:

If there is strangulation with death of a portion of intestine there will be spread of infection to the abdomen resulting in peritonitis.

Treatment of hernia:--

Initial treatment: In the initial stages of hernia the following steps may be useful

1) Use of hernia belt:

Special types of hernia belts are available for each type of heania. This will prevent the protrusion and will reduce pain.

2) Constipation, recurrent cough, urinary obstruction etc. should be treated.

3) Fat reduction will increase the strength of abdominal wall.

4) Abdominal exercises to increase the muscle tone.

5) Take plenty of leafy vegetables, fruits and fibrous diet for easy bowel movements.

6) Try other systems like Homoeopathy, Herbal medicine and etc.

If no relief by the above steps consult a general surgeon for surgical management.

Surgical treatment.

The following operations are done depending up on the type and nature of hernia.

1) Herniotomy : In this operation the contents of hernial sac is pushed in to the abdomen and neck of the sac is ligated with transfixion ligature and the sac is cut off.

2) Herniorrhaphy: Here along with herniotomy the posterior wall is repaired.

3) Hernioplasty: This operation is done if herniotomy is not possible due to wide neck of the sac. Here the repair is done with the help of non absorbable materials like tantalum gauze, polypropylene mesh or stainless steel mesh.



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Homoeopathy

Introduction

Homoeopathy is a system of medicine introduced by a German physician Dr Samuel Hahnemann. He was basically an allopathic doctor who has left the practice because of side effects and temporary relief of symptoms of allopathy. For his bread and butter he started translating the medical books to different languages. While he was translating cullen's materia medica he came across a herbal medicine called cinchona. It was written that cinchona can cure malaria and it can also produce symptoms similar to malaria on healthy individuals. This point clicked hahnemann's brain and he prepared an extract of cinchona bark and taken himself. To his surprise he developed some symptoms of malaria like chills and achings. He started doing the same experiment on different individuals and the result was the same.

By this experiment hahnemann came to know that any drug which can produce a set of symptoms on a healthy human being can be used to cure the similar symptoms in a diseased person. He gave cinchona to various malaria patients and the result was wonderful and a system called homoeopathy originated. The word homoeo means similar, pathy means suffering. The basic principle of homoeopathy is 'similia similibus curantur' means like cures cure. Hahnemann prepared some other drugs using alcohol as a vehicle and started experimenting on different age groups and noted down the symptoms produced in them. He proved nearly 30 drugs and the symptoms produced were noted down systematically. The symptoms collected by drug proving were categorized in the order in a book form named materia medica pura.

Hahnemann noticed that by diluting the crude drug substances in spirit a dynamic power is developed and is responsible for producing the symptoms on healthy people. Hahnemann started giving treatment to so many diseased persons with

the medicines prepared by him on applying the principle similia similibus curantur and got wonderful cures and homoeopathy started spreading all over the world.

He gave medicines to some patients and noticed that symptoms are coming back again. So he understood that the cause for the disease should be treated .After doing experiments and observations he came to know that diseases are actually caused by some dynamic forces and he named them as miasms.[psora ,syphilis,sycosis] He noticed that to cure a person completely these miasms should be eradicated using a similar dynamic force. This idea lead to antimiasmatic drugs which are drugs having disease producing power similar to miasms. He developed anti miasmatic drugs and experimented on diseased persons and got wonderful cures.

Development of homoeopathy

The principles of homoeopathy were written in book form and he named it organon of medicine.Lateron he started publishing these works and six editions of organon were published. Right from the beginning of homoeopathy so many doctors of other system started working against homoeopathy. But those who were against homoeopathy lateron came to know the truth behind homoeopathy and started practicing the same. Physicians like Dr J T Kent, Dr Hering Dr Boenonghausen etc. followed Dr hahnemann's mission and developed the system. They all started preparing so many other drugs on the basis of guidelines given by Hahnemann. Physicians came to know that by diluting the drug substance in spirit in a systematic way the medicinal power is increasing even though the quantity of drug decreases. Since diseases are due to dynamic causes the medicine also should be dynamic. By a process called potentisation same drug in different levels of potencies were made. They found that by increasing the potency the penetrating power of medicine is increased so that it act on a higher level than the usual material form of drugs used in other systems. This unique nature of homoeopathic medicine is the reason for the wonderful cures of even the mental diseases.

General principles

Homoeopathy treats the diseased individual as a whole rather than treating diseased parts or organs. The physical, mental, emotional, social spheres of a person are considered for a permanent cure. This system believes that the diseases are caused due to the derangement of vital force which is an invisible power in every individual. In a healthy state the vital force maintains the equilibrium of mind body and soul .During this man will have normal sensations and functions. When the vital force gets affected there will be external manifestations in the form of signs and symptoms. The imbalance in the body functions makes a shelter for foreign organisms(bacteria, viruses, fungi, protozoa etc.) and allows them to proliferate & produce so called diseases. Homoeopathy believes that the real disease comes before the bacteria & viruses, hence the root cause of the disease has to be treated for a permanent cure. The antibacterial and antiviral agents only remove the secondary causes mentioned above.

Diseases are produced by noxious morbidic agents called Miasms which are dynamic influences which affect the vital force. There are mainly three miasms PSORA ,SYPHILIS&SYCOSIS. These three causes are accepted by other schools of medicine but called by different names. Psora causes functional disturbances, syphilis causes structural changes in the form of destructions and sycosis causes changes in the form of overgrowth. These three miasms can act individually or in combined form to produce different disease conditions.

Preparation of medicine in homoeopathy

In homoeopathy medicines are prepared from different sources like minerals, plants, animals, toxins, diseased parts etc. Medicines are prepared from these

substances by a special process called potentiation. Here the soluble substances are potentiated by diluting (mixing with spirit with a downward stroke) with spirit and insoluble substances by grinding (trituration) with sugar of milk. The crude drug substance is first mixed with a calculated quantity of spirit and water and kept for few days. From this mixture extract is taken and is called mother tincture (denoted as Q). From this mother tincture dilutions are prepared by potentiation. Potentiation is a mathematical process by which the quantity of original drug substance reduces but medicinal power increases. Depending upon the ratio of quantity of drug substance and vehicle (spirit or sugar of milk) there are different scales for this process. Each scale has got different potencies which indicate power of medicine. Example in decimal scale the drug substance vehicle ratio is 1/10 and the available potencies are 3x, 6x, 12x etc. In centesimal scale the ratio is 1/100 and the available potencies are 30c, 200c etc. in LM potency the ratio is 1/50000 and the available potencies are 0/1, 0/2, 0/3 etc. Potency is written after the name of every medicine

Same medicine is available in different potencies. Suitable potency is selected according to so many factors like severity, depth of disease, condition of the patient, nature of disease, type of symptoms, age of patient and etc.

Subjects studied in homoeopathy:-

History of medicine

History & development of homoeopathy

Pioneers of homoeopathy

Organon of medicine

Homoeopathic philosophy

Materia medica

Homoeopathic pharmacy & pharmacognosy

Homoeopathic repertory

Homoeopathic case taking

Homoeopathic therapeutics

General medical subjects: (Anatomy, physiology, pathology, microbiology, parasitology, toxicology, forensic medicine, social & preventive medicine, surgery ,ENT , gynecology & obstetrics, ophthalmology, dentistry, orthopedics, surgery, general medicine, pediatrics, dermatology ,psychiatry and etc.)

Homoeopathic case taking and prescription.

Cure by a homoeopathic medicine is rapid ,gentle and permanent if correct remedy in suitable dose is given. . Just giving one drug for one disease (specific drugs)may not give good result. To come to a correct remedial diagnosis we should have the symptomatology of the person .It is the total symptoms of a person which includes mental generals, physical generals, particular symptoms etc.

All signs and symptoms (mental, physical)of the person are taken in detail. Knowledge about past illness, family history of diseases, food & bowel habits, notable causes, relation to climatic changes and constitution etc. are noted down in a systematic order.

Mental symptoms:

Example: fear, anxiety, depression, anger, jealousy and etc.....

Physical symptoms:

Example: Body makeup, appetite, thirst, desires, aversions, bowels, urination, sleep, taste, nature of smell, discharges any abnormal sensations like pain, burning, climatic changes, thermal relations, and etc...

Peculiar uncommon symptoms:

This is the specialty of homoeopathic system of medicine. For the selection of a suitable remedy these symptoms are very important. common symptoms which are seen almost in all patients are least important. This is the reason for giving different medicines to different individuals suffering from same disease. Example: Five people suffering from typhoid may get five different remedies because of changes of individual symptoms.

Particular/local signs & symptoms:

This includes signs & symptoms related to body parts & organs.

Example: Part affected, any swelling, discolouration etc.

Systemic examination:-

Different systems are examined in a systematic order.(Respiratory system ,digestive system, nervous system, cardio vascular system and etc.....)

Vital signs:-

Pulse, blood pressure, temperature, respiratory rate etc. are checked here.

General physical examination:

Here body parts are examined from head to foot to find out any changes.

Provisional disease diagnosis; Here probable diseases are diagnosed. In homoeopathy disease diagnosis is not that much important for the selection of a remedy, but needed for general management and to know the prognosis.

Investigations : This includes lab investigations and other methods to find out any other major illnesses.

Final disease diagnosis:

After doing all investigations the disease is diagnosed.

Remedial diagnosis:

This is the most important part as far as homoeopathy is concerned. For this the selected symptoms are arranged in a systematic order on the basis of importance. Symptoms are analyzed to find out the importance of each symptom for the selection of a remedy. Remedies are selected on the basis of similarity.

Suitable remedies are diagnosed by a process called repertorisation. Here books called repertories are used. Repertory is the index of symptoms of materia medica (books which contain the symptoms of drugs). Nowadays computer soft wares are used for repertorisation. By this process we will get the remedies covering maximum important symptom of the patient.

Among this group of remedies the most suitable remedy is selected by referring various books and considering the life space investigation of the patient. The selected medicine is given in suitable potency & dose.

Anti Miasmatic Treatment:

The root cause of disease is miasms which should be eradicated using suitable anti miasmatic drugs. Every drug can eradicate the miasm if there is symptom similarity. There are anti psoric drugs, anti syphilitic drugs and anti sycotic drugs. After diagnosing the miasm suitable anti miasmatic drug has to be given to complete the cure.

Nails In Health And Disease.

Introduction:

The nails are present at the end of each finger tip on the dorsal surface. The main function of nail is protection and it also helps for a firm grip for holding articles. It consists of a strong relatively flexible keratinous nail plate originating from the nail matrix. Under the nail plate there is a soft tissue called nail bed. Between the skin and nail plate there is a nail fold or cuticle. Normal healthy nail is slight pink in color and the surface is convex from side to side. Finger nails grow 1 cm in three months and toe nails take 24 months for the same.

Importance of nails in disease diagnosis:

The color ,appearance, shape and nature of the nails give some information about the general health and hygiene of a person . Nails are examined as a routine by all doctors to get some clues about underlying diseases. Just looking at nails we can make out the hygiene of a person. The abnormal nail may be congenital or due to some diseases. The cause for changes in the nail extends from simple reasons to life threatening diseases. Hence the examination by a doctor is essential for diagnosis .Some abnormal findings with probable causes are discussed here for general awareness.

1) Hygiene:-

We can make out an unhygienic nail very easily .Deposition of dirt under the distal end of nail plate can make a chance for ingestion of pathogens while eating. If nail cutting is not done properly it can result in worm troubles in

children. When the worms crawl in the anal orifice children will scratch which lodges the ova of worms under the nails and will be taken in while eating. Prominent nail can also complicate a skin disease by habitual scratching. Sharp nails in small kids cause small wounds when they do feet kicking or hand waving.

2) Color of the nails:-

- a) Nails become pale in anemia.
- b) Opaque white discoloration(leuconychia) is seen in chronic renal failure and nephrotic syndrome.
- c) Whitening is also seen in hypoalbuminaemia as in cirrhosis and kidney disorders.
- d) Drugs like sulpha group, anti malarial and antibiotics etc. can produce discoloration in the nails.
- e) Fungal infection causes black discoloration.
- f) In pseudomonas infection nails become black or green.
- g) Nail bed infarction occurs in vasculitis especially in SLE and polyarteritis.
- h) Red dots are seen in nails due to splinter hemorrhages in sub acute bacterial endo carditis, rheumatoid arthritis, trauma, collagen vascular diseases.
- i) Blunt injury produces hemorrhage and causes blue/black discoloration.
- j) Nails become brown in kidney diseases and in decreased adrenal activity.
- k) In Wilson's disease blue color in semicircle appears in the nail.
- l) When the blood supply decreases nail become yellow .In jaundice and psoriasis also nail become yellowish.

m) In yellow nail syndrome all nails become yellowish with pleural effusion.

3) Shape of nails:-

a) Clubbing: Here tissues at the base of nails are thickened and the angle between the nail base and the skin is obliterated. The nail becomes more convex and the finger tip becomes bulbous and looks like an end of a drumstick. When the condition becomes worse the nail looks like a parrot beak.

Causes of clubbing:-

Congenital Injuries

Severe chronic cyanosis

Lung diseases like empyema, bronchiectasis, carcinoma of bronchus and pulmonary tuberculosis.

Abdominal diseases like crohn's disease, polyposis of colon, ulcerative colitis, liver cirrhosis etc....

Heart diseases like fallot's tetralogy, subacute bacterial endocarditis and etc..

b) Koilonychia:-

Here the nails become concave like a spoon. This condition is seen in iron deficiency anaemia. In this condition the nails become thin, soft and brittle. The normal convexity will be replaced by concavity.

c) Longitudinal ridging is seen in raynaud's disease.

d) Cuticle becomes ragged in dermatomyositis.

e) Nail fold telangiectasia is a sign in dermatomyositis ,systemic sclerosis and SLE.

4) Structure and consistency:-

a) Fungal infection of nail causes discolouration, deformity, hypertrophy and abnormal brittleness.

b) Thimble pitting of nail is characteristic of psoriasis ,acute eczema and alopecia areata.

c) The inflammation of cuticle or nail fold is called paronychia.

d) Onycholysis is the separation of nail bed seen in psoriasis, infection and after taking tetracyclines.

e) Destruction of nail is seen in lichen planus, epidermolysis bullosa.

f) Missing nail is seen in nail patella syndrome. It is a hereditary disease.

g) Nails become brittle in raynauds disease and gangrene.

h) Falling of nail is seen in fungal infection, psoriasis and thyroid diseases.

5) Growth:-

Reduction in blood supply affects the growth of nails. Nail growth is also affected in severe illness. when the disease disappears the growth starts again resulting in formation of transverse ridges. These lines are called Beau's lines and are helpful to date the onset of illness.

THE GROWTH AND POWER OF APPETITE.

One fact attendant on habitual drinking stands out so prominently that none can call it in question. It is that of the steady growth of appetite. There are exceptions, as in the action of nearly every rule; but the almost invariable result of the habit we have mentioned, is, as we have said, a steady growth of appetite for the stimulant imbibed. That this is in consequence of certain morbid changes in the physical condition produced by the alcohol itself, will hardly be questioned by any one who has made himself acquainted with the various functional and organic derangements which invariably follow the continued introduction of this substance into the body.

But it is to the fact itself, not to its cause that we now wish to direct your attention. The man who is satisfied at first with a single glass of wine at dinner, finds, after awhile, that appetite asks for a little more; and, in time, a second glass is conceded. The increase of desire may be very slow, but it goes on surely until, in the end, a whole bottle will scarcely suffice, with far too many, to meet its imperious demands. It is the same in regard to the use of every other form of alcoholic drink.

Now, there are men so constituted that they are able, for a long series of years, or even for a whole lifetime, to hold this appetite within a certain limit of indulgence. To say "So far, and no farther." They suffer ultimately from physical ailments, which surely follow the prolonged contact of alcoholic poison with the delicate structures of the body, many of a painful character, and shorten the term of their natural lives; but still they are able to drink without an increase of appetite so great as to reach an overmastering degree. They do not become abandoned drunkards.

No man safe who drinks.

But no man who begins the use of alcohol in any form can tell what, in the end, is going to be its effect on his body or mind. Thousands and tens of thousands, once wholly unconscious of danger from this source, go down yearly into drunkards' graves. There is no standard by which any one can measure the latent evil forces in his inherited nature. He may have from ancestors, near or remote, an unhealthy moral tendency, or physical diathesis, to which the peculiarly disturbing influence of alcohol will give the morbid condition in which it will find its disastrous life. That such results follow the use of alcohol in a large number of cases, is now a well-known fact in the history of inebriation.

The subject of alcoholism, with the mental and moral causes leading thereto, has attracted a great deal of earnest attention. Physicians, superintendents of inebriate and lunatic asylums, prison-keepers, legislators and philanthropists have been observing and studying its many sad and terrible phases, and recording results and opinions. While differences are held on some points, as, for instance, whether drunkenness is a disease for which, after it has been established, the individual ceases to be responsible, and should be subject to restraint and treatment, as for lunacy or fever; a crime to be punished; or a sin to be repented of and healed by the Physician of souls, all agree that there is an inherited or acquired mental and nervous condition with many, which renders any use of alcohol exceedingly dangerous.

The point we wish to make with you is, that no man can possibly know, until he has used alcoholic drinks for a certain period of time, whether he has or has not this hereditary or acquired physical or mental condition; and that, if it should exist, a discovery of the fact may come too late.

Dr. D.G. Dodge, late Superintendent of the New York State Inebriate Asylum, speaking of the causes leading to intemperance, after stating his belief that it is a transmissible disease, like "scrofula, gout or consumption," says:

"There are men who have an organization, which may be termed an alcoholic idiosyncrasy; with them the latent desire for stimulants, if indulged, soon leads to habits of intemperance, and eventually to a morbid appetite, which has all the characteristics of a diseased condition of the system, which the patient, unassisted, is powerless to relieve since the weakness of the will that led to the disease obstructs its removal.

"Again, we find in another class of persons, those who have had healthy parents, and have been educated and accustomed to good social influences, moral and social, but whose temperament and physical constitution are such, that, when they once indulge in the use of stimulants, which they find pleasurable, they continue to habitually indulge till they cease to be moderate, and become excessive drinkers. A depraved appetite is established, that leads them on slowly, but surely, to destruction."

Recommended Resources

1) [**Burn The Fat Feed The Muscle.**](#)

Diet & Weight Loss Secrets of Bodybuilders and Fitness Models: #1 Best Selling Diet & Fitness E-Book In Internet History!

2) [**Fit Over 40.**](#)

Amazing inspirational anti-aging, health and weight loss e-book for the over 40 crowd.

3) [**Affirmations Software - Sculptor3.**](#)

Affirmation goal setting motivational software, for improved mental/physical health, personal growth.

4) [**PowerPause -The Fantastic Formula.**](#)

The PowerPause is a simple, 3 minute, 3 step formula for creating fantastic success in money,

health and relationships.

5) **[Fitness-eBooks.com.](#)**

Innovative weight training eBooks, covering rapid fat loss, muscle building, unique new exercises and powerful training programs.

6) **[Our Ultimate Reality.](#)**

Highly acclaimed reference for wealth, health, meditation, Astral projection, Spiritual evolution and much more. Over 600 pages!

7) **[Golf Fitness Guide.](#)**

Easy tips and techniques to quickly transform your game and add 20 yards to your drives!

8) **[Total Soccer Fitness.](#)**

Complete guide to soccer conditioning. Huge potential market (all soccer coaches & players) Very little competition.

9) **[Veterinary Secrets Revealed.](#)**

Treat your pet at home with over 1000 at-home pet health remedies.

10) **[Acid-Alkaline Diet Simplified!](#)**

Achieve permanent weight loss, experience vibrant health, and reverse the aging process with this complete home study course.



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