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# Bulletin on Microvita Research and Integrated Medicine

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*Official Bulletin  
of*

**Society for Microvita Research  
and Integrated Medicine (SMRIM)**

(Registered under Societies Registration Act 28, 1958 (Raj.) No. 73/UDR/08-09)

**Website : [www.microvitamedresearch.com](http://www.microvitamedresearch.com)**

# Editorial

## Homeopathy - the Nano Medicine of future

**“Everything in Life is Vibration” – Albert Einstein**

Man is a colony of cells. Each cell is made up of cell organelles and each cell organelle is made up of sub-atomic particles that are in constant state of vibration. These vibrations are emitted by cells as biophotons. The recent discovery of quantum vibrations in microtubules inside brain neurons further proves it. When a cell is exposed to negative or positive emotional environment these quantum vibrations gets altered. A positive emotion enhances these vibrations whereas a negative emotion negatively disturbs this quantum vibration. As the electrical current of an emotion travels along the neural pathways it triggers a release of chemical proteins called neuro-peptides (NPs). Each emotion has its own individual frequency and in response to each specific emotional frequency, the body releases corresponding NP's

These neuro-peptides communicate chemical messages throughout the body and are responsible for creating physiological responses. Adrenalin, hormones, oxytocin, endorphins- are few examples of NPs. Each NP creates such specific biological responses, that physical symptoms can actually pinpoint what is really happening in the unconscious mind.

Dr. Ryke Geerd Hamer's ground breaking discovery that diseases are not senseless "disorders" but in fact meaningful biological processes trying to save an organism; further adds to the concept of mind body interaction in a scientific way. In fact, differentiation between the psyche, the brain and the body is purely academic. They are in reality, one.

Holistic system of medicine like homeopathy works on this mind-body channel. Homeopathic medicines are ultra-diluted remedies. Their mechanism of action is long in controversy because of un-acceptance of ultra-dilution phenomenon by conventional science. The articles in this issue are an attempt to explore the scientific phenomenon behind these ultra-diluted remedies and to create awareness about homeopathic system of medicine among masses.

-Dr. D. K. Verma

*The Secret of the Care of the Patient is in caring for the Patient*

*Francis Peabody's Admonition*



## ULTRA-DILUTION PHENOMENON IN HOMEOPATHY – SOME EVIDENCES

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### Clinical trials and homeopathy

In 1776, more than two hundred years ago, a German physician Samuel Hahnemann (1755–1843) noticed during experiments on himself that, after taking the malaria remedy quinine, he experienced symptoms similar to those of patients with malaria. Similar other tests (later termed 'provings' in English and *Arzneimittelprüfungen* in German) were repeated on himself, his family and friends and the basic or 'similia' principle, i.e. '*similia similibus curentur*' or 'like cures like', was apparently confirmed. The results of his large-scale proving led Hahnemann to conclude that, if a compound caused symptoms in healthy volunteers, it should then also serve as a remedy for patients who suffer from such symptoms<sup>1</sup>.

There is no fixed medicine for any particular disease in homeopathy, but there are particular medicines for particular sets of symptoms. The symptoms of the diseases are therefore all important rather than the disease itself in the selection of the specific drug. A particular medicine among a group of medicines is to be selected critically based on totality of symptoms. Thus, the first difficulty that is encountered in carrying out clinical trials is the lack of randomized control trials (RCTs) which are usually carried out double blind and termed as gold standard of clinical trial methodology. Therefore, as there is not a single specific treatment for a single disease [there is in the case of epidemics where theoretically and practically one remedy can cover the genus epidemicus], the conventional form of clinical trials would demand to conduct as many clinical trials for as many diseases and as many remedies used in homeopathy in order to show causal efficacy for all of them.

Thus, in order to find out whether a homeopathic approach is comparable or superior to a standard treatment in general and for all sorts of patients, a randomized comparison study would be called for. The question to be answered by a double-blind randomized controlled trial with 'placebo' control (i.e. 'vehicle' of the drug) is whether the homeopathic remedies as such are superior to 'placebo' treatment. But in the long last, it often becomes difficult to establish the causal efficacy of homeopathic remedies over and against 'placebo'. Thus statistical analyses and meta-analyses of controlled clinical trials were taken recourse to for acceptance of positive working/drug substance, at least theoretically.

Biology, for an explanation of the extraordinary biological sensitivity, including a mechanism that works according to Hahnemann's basic simile, and potency rules. And medicine, to understand, besides medical efficacy, the main role in revealing what 'placebo' effects are all about and similar phenomena of 'mind-body' interactions. The decisive point of homeopathy is the argument that homeopathic remedies are not solutions but successions of the efficient substance (or imprints instead of mixtures in case of 'globuli')<sup>1</sup>.

### Sources of homeopathic medicines

Homeopathic medicines are prepared from plants (*Pulsatilla nigra*, *Bryonia alba*, *Aconite napellus*, *Belladonna*, *Gelsemium*, *Coffea cruda*, *Rhus toxicodendron*, etc), minerals (Aurum metallicum or gold, Kali carbonicum (potassium), Natrum muriaticum (common salt), and Silica (sand) etc), animals (*Tarantula hispania*, *Lachesis*, *Ambra gresia*, *Bufo rana*, and *Naja naja*.etc), diseased tissues (*Tuberculinum*, *Syphillinum*, and *Variolinum* etc), hormones and healthy tissues (*Thyroidinum* and *Adreanline* etc), and imponderables (*magnetism*, *x-ray*, *radiation*, etc)<sup>2</sup>.

### Preparation of homeopathic medicines

Homeopathic medicines are essentially nano-medicines. The original drug substance is used in extremely minute quantities to prepare a given homeopathic medicine. The method of preparing homeopathic medicines is called potentization; in this method, one part of the original drug substance (say, 0.1 mg of a plant extract) is mixed with 99 parts (9.9 mg) of a suitable carrier (say alcohol) and shaken vigorously by a special device that converts the preparation into the 1c potency. One part (0.1 mg) of the 1c preparation is then mixed with 99 parts (9.9 mg) of the carrier and the process of potentization is repeated to prepare the 2c potency. This process is continued until the required potency is reached. Homeopathic medicines are available in certain standard potencies such as 30c, 100c, 200c, 1000c, 10K, and 50K<sup>2</sup>.

It is this special method of preparation of homeopathic medicine which is just opposite to the conventional



beliefs that has caused controversies and many of the experiments have been done to explain this effect of ultra-dilution.

#### **Different clinical observations about Homoeopathy**

Early attempts to investigate the principle of similarity on the experimental ground can be traced back to the years around the end of nineteenth century, when H. Schulz published a series of papers that examined the activity of various kinds of poisons (iodine, bromine, mercuric chloride, arsenious acid, etc.) on yeast, showing that almost all these agents have a slightly stimulatory effect on yeast metabolism when given in low doses. He then came into contact with the psychiatrist R. Arndt and together they developed a principle that later became known as the 'Arndt-Schulz law', stating that weak stimuli slightly increase biological responses, medium and strong stimuli markedly raise them, strong ones suppress them and very strong ones arrest them. Similar observations were reported by several other authors in the 1920s and from their findings one can conclude that the occurrence of inverse, or biphasic, effects of different doses of the same substance was known before the era of molecular medicine<sup>1</sup>.

This phenomenon is now well recognized in cell biology, with a number of explanation at the molecular level (e.g. different receptors for the same substance having different ligand affinities and triggering transduction pathways) and in immunology, where the systemic and local responses are known to depend on the dose in a complex way (e.g. foreign antigens may sensitize the host but low doses of the same substance may suppress the system if administered by oral route)<sup>1</sup>.

Many modern clinical trials are currently underway, looking for evidence of efficacy of homeopathy from controlled trials in human subjects. More than 100 clinical trials have been conducted, some published in highly prestigious journals such as Lancet and JAMA.

#### **Different clinical trials demonstrating positive effect of homeopathy<sup>1,3,4,5</sup>**

1. Meta-analysis of 186 clinical trials by K Linde and W Jonas in 1997.
2. A pilot survey of 1025 patients receiving homeopathic treatment in 6 European countries on changes in quality of life.
3. A study published in 2005 in The Lancet by ALB Rutten and CF Stolper.
4. Two large studies published in 2005 on 6544 patients (observational study on homeopathic treatment for chronic disease) and 3981 patients (long term cohort study).
5. In 2014, a systematic review and meta-analysis of randomized placebo-controlled trials of individualized homeopathic treatment.

#### **Animal experiments in homeopathy<sup>1</sup>**

Homeopathy has been rigorously tested both on human beings and animals. Animal experiments are important as it excludes the possibility of any sort of intervening placebo effect and further supports that homeopathy is not just a placebo therapy but a science of therapeutics. There are number of animal models where effect of homeopathic dilution or principals of homeopathic medicines have been tested. Some experimental lines particularly those utilizing mice models of Immunomodulation and anti-inflammatory effects of homeopathic complex formulation support to a real effect of homeopathic high dilutions in animals, but often these data are of preliminary nature and have not been independently replicated.

The following experimental studies elaborate its affectivity and possible mechanism of action:

1. Immuno-stimulatory effect of homeopathic dilutions of thymus and thymuline on mice
2. Positive stimulation of immune system by dynamized dilution of KLH antigen on mice
3. Effect of homeopathic dilution of Silicea drug on platelet activating factors by peritoneal macrophage of mice
4. Protective effect of dynamized dilution from reticulo-endothelial tissue of mice infected with *Francisella tularensis*
5. Protective effect of homeopathic dilution of Apis mellifica drug and Histamine on rat paw edema induced by inflammatory doses of Histamine
6. Positive effect of Atropa belladonna and Echinacea angustifolia drugs on leucocyte migration and macrophage activity
7. Beneficial effect of Cina, Santonin and Podophyllum on *Trichinella spirallis* infestation in mice
8. Protective effect of high dilution of Apis mellefica and its venom on X-ray induced erythema in guinea pigs
9. Anti-inflammatory effect of a homeopathic formulation - Traumeel S
10. Relative protective effect of arsenic album 30 and 200c on arsenic induced toxicity in mice



11. Hepato-protective effect of Natrum Sulphuricum 200c on hepatocarcinogenesis in mice
12. Immunostimulatory activity of homeopathically diluted Rhus toxicodendron on mice
13. Protective effect of homeopathic cadmium sulphuricum 30c and 200c in cadmium induced genotoxicity in mice
14. Demonstration of serotonin and dopamine metabolites release in mouse hypothalamus after homeopathic drug
15. Positive cytogenetical and hematological effects of ultra-low doses of Ginseng drug in whole body X-irradiated mice.

Thus ultra diluting a drug generates a definite phenomenon which can be seen in animal experiments also thus proving that homeopathy is not a placebo therapy and there is a definite phenomena or mechanism which needs to be further explored and explained. Even the modern medicine has made use of this phenomenon at molecular levels in the following ways :

- Bacterial endotoxins as immunostimulants
- Immunoglobulins to treat immune disorders
- Orally administered myelin in multiple sclerosis
- Oral collagen in rheumatoid arthritis
- Bacterial extracts in recurrent bronchitis
- Locally administered allergens in allergies
- Specific immuno-suppression and induction of tolerance by means of microdoses of antigens apply a principle first proposed by homeopathy
- Tumour immunotherapy using antigen pulsed dendritic cells or autologous tumour derived heat shock protein preparations

Research has also been done to explore the ultra-dilution phenomenon, the basis of homeopathic drugs.

#### **Instrumental measuring of homeopathic ultra-high dilutions<sup>6</sup>**

Memory properties of water was studied by the method of *differential corona discharge Kirlian electrophotography of water-drop pairs*. The potassium iodide (KI) mother solution (0.1M) was diluted in the standard way (without potentisation) or with potentisation (succussion by hand - by striking the vial 60 times against a large book as used traditionally) to  $10^{-3}$ M,  $10^{-6}$ M,  $10^{-10}$ M,  $10^{-16}$ M,  $10^{-17}$ M and  $10^{-24}$ M KI solutions. In the electrophotography method a drop of KI solution was compared with a drop of control water. To get a dependable system of results a comparison of homeopathic dilutions with ordinary distilled water, sham-potentised distilled water and non-potentised (standard) solutions was done. Results showed repeatable and statistically significant effects of concentration of KI dilutions as well as potentisation on the corona discharge process (from  $p < 0.05$  to  $p < 0.001$ ). This indicated that there is some physical basis of molecular (ionic) information imprinted into water.

#### **Hormetic effects of extremely diluted solutions**

In another of the experiments, hepatoprotective effect was shown by ultra-low doses of Arsenicum album drug in rats exposed to crude arsenic. The effect is just the opposite of what is seen in high concentrated doses. Based on this experiment Khuda-Bukhsh advocated a hypothesis based on many circumstantial scientific evidences and logic that one major pathway of potentized homeopathic drugs could possibly be through regulation of expression of certain relevant genes. More and more evidences are being accumulated signifying validity of this hypothesis. Recently Wiegant and his collaborators demonstrated the ability of a low concentration of a toxic chemical (sodium arsenite) or "heat-shock" to produce a "hormetic" effect in cells. According to these authors, a "hormetic" effect produced in the cells exposed to the low dose aroused certain protective activities that either reduced or helped in protection or speedy recovery of the cells when they were exposed to a much stronger degree of such a stressful condition or to toxic chemicals. They also showed that there were positive changes in the mRNA activities in generating molecular chaperones like hsp proteins in response to artificially induced stress conditions. Evidences of the presence of some early response genes (ERG), which act in a fast and transient manner in response to different physical, chemical or environmental stresses, are also on record. These genes become active whenever a living system is challenged with some kind of physical or chemical insult or stress, in a bid to combat the stressrelated damage, either by activating or silencing the expression of some other sets of genes. It is therefore quite probable that arsenic intoxication deranges the activity of certain housekeeping genes (e.g., the genes responsible for synthesizing enzymes necessary for normal maintenance of cells and to detoxify the cellular environment, as and when necessary). Recently, the gene products of p53 (a tumor- suppressor gene) and Bcl2 (an apoptotic gene) have been measured through immunoblot (Western) experiments in two groups of mice undergoing carcinogenesis, one regularly fed a potentized homeopathic drug, and the other not fed with the drug



(Khuda-Bukhsh, Biswas et al., unpublished data). There was clear evidence from the initial study that the homeopathic drug indeed positively influenced the expressions of these two individual genes in the mice undergoing the process of carcinogenesis<sup>7-10</sup>.

Further confirmation of the above theory was done in 2015 by another experiment using molecular biological tools, such as DNA microarrays, which provided useful suggestions about the behavior of human organism treated with microamounts of drugs or homeopathic medicines (copper sulphate, *Gelsemium sempervirens* and *Apis mellifica*). The results reviewed here suggest firstly that the action of drugs is not quenched by ultrahigh dilution and proceeds through modulation of gene expressions. The efficacy of drug solutions seems to be maintained in ultra-highly diluted preparations, a fact which constitutes a challenge to the dogma of quantization of matter. The second and more important result is that the different gene expression profiles of cell systems treated with the same drugs at different dilutions suggest the existence of hormetic mechanisms. The gene expression profiles of cells treated with copper(II) sulfate, *Gelsemium sempervirens* and *Apis mellifica*, are characterized by the same common denominator of the concentration-dependent inversion of gene expression, which can justify at a molecular level the concept of simile adopted in homeopathy<sup>11</sup>.

#### UV Spectroscopic studies of homeopathic ultra-dilutions<sup>12</sup>

The UV-VIS absorption spectra for the ultra dilute remedies were studied which showed an envelope of differences within a series of 10 separate duplicate preparations of each remedy of Nat Mur and Nux Vomica. The spectra of the different groups, however, showed clear differences between -

(a) The two different remedies

(b) Different potencies of the same remedy for both Nat Mur and Nux Vomica (6c, 12c, 30c)

It was concluded that:

1. The "solute content" of the aquasol (Nat Mur or Nux Vomica) definitely makes a difference in the spectra.
2. Within each solute family, the dilution and succession levels (6C, 12C and 30C) also clearly affect the spectra.

This indicated the existence of significant structural changes in the solvent under these ultra dilution conditions. This was further supported by Raman analyses. A clear distinction in the Raman- active modes was noted between the two different remedies as well as among the different potencies of the same remedy.

From this preliminary study, it is rather clear that even an ultradilute sol is indeed structurally different from the pure liquid solvent phase. The data on the ultradilute sols prepared with succussion, show clear differences between the differently treated samples. This suggests that whether due to epitaxial effects, effects from the "pressure, 2<sup>nd</sup> phases, or nanobubbles caused by the succussion, the differences are real.

In another study, a preliminary UV spectroscopy analysis for analytical evaluation on the effect of serial ultra dilution in the medicinal plant extract *Digitalis purpurea* was carried out. The experimental results, although preliminary, provided significant and reliable information showing standard UV spectral absorption peak within expected range. It also showed, the diluted out effect on the active component of the drug *Digitalis purpurea* and provided information to compute energy on serial dilution of drugs. It was found that 4.5 eV is required to dislodge the bond in the group. The eV content of a drug may become important issue for pharmacological and posological considerations<sup>13</sup>.

#### Ultra-high dilution of nosodes and electromagnetic signal phenomenon<sup>14</sup>

A paper published by Luc Montagnier et al. (Nobel prize winner) states that filtered ultra- high diluted aqueous solutions of bacterial suspensions produced electromagnetic signals. These signals were found to be present at dilutions of  $10^{-5}$  to  $10^{-8}$  or  $10^{-12}$ . He stated that for generation of signals the suspension should be filtered (20 nM or 100 nM) and each dilution has to be vigorously shaken (which is what is done in homeopathy to make potencies – succussion).

He demonstrated that these electromagnetic signals are transferable and this transfer is specie specific. He also proved that the generation of these electromagnetic signals is independent of the initial concentration of bacterial cells. The results were also independent of the location of the tests.

#### Evidence of Nanoparticles in ultra-high dilutions<sup>15</sup>

Dr. Jayesh Bellare and Prashant Chikramane of the Indian Institute of Technology, Bombay, presented the paper "extreme homeopathic dilutions retain starting material" as part of a doctoral thesis. Using Transmission Electron Microscopy (TEM), electron diffraction and chemical analysis by Inductively Coupled Plasma- Atomic Emission Spectroscopy (ICP-AES), they have demonstrated the presence of physical entities in these extreme dilutions, in the form of nanoparticles of the starting metals and their aggregates. Chikramane et al. found that contrary to our arithmetic, there are nanogram quantities of the starting material still present in these high potency remedies. The hypothesis is that nanobubbles form on the surface of the highly diluted mixtures and float to the



surface, retaining the original potency

#### Other instrumental studies

Other studies like Medical Analyzer developed by Bhabha Atomic Research Commission, Gas Discharge Visualization (GDV) evaluation and Thermoluminescence studies have also been done on ultra-diluted homeopathic remedies which have found some properties of ultra-diluted medicines but needs further in depth research to produce reproducibility<sup>16-18</sup>.

#### Conclusion

There is plenty of evidence that ultra-dilutions do have some biological effect and it requires a large scale study to further verify it. Conventional science due to materialistic prejudices is not able to accept this fact. Since homeopathic medicines do not contain any material substance so the laws of material world do not apply here. Quantum physics may be able to explain such phenomena but science has not yet reached up to the level where something is there beyond the material world. We do not know what law governs the immaterial world but someday hopefully science will reach there and then this homeopathic phenomenon will be completely understood and will be accepted. In the present time, to understand it needs an unprejudiced mind. Once it is properly established will give answer to all diseases which are untreatable by conventional medicine and a new era of nano-molecular medicine will emerge. Already inter-disciplinary studies have started to explore this field and it is just a matter of time that some research will establish positive proofs to end all the attacks on homeopathy.

#### Acknowledgement

Special thanks to Mr. Bhagvatilal Chaudhary and Bhagvati and Bhagvati Charitable Trust for his services to mankind and to promote homeopathy.

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## SOME LESS KNOWN FACTS ABOUT MEDICAL THERAPEUTIC SYSTEMS

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### ABSTRACT

India has a rich scientific heritage, not the science, but the art, the technology, the subtle spirituality and highly developed intuitional science. It is not a matter of exaggeration but based on the anthropological convincing facts that while the whole world population was in a primitive stage, wandering in the forest, the people of *Ra'rh*, the oldest civilization were at the highest stage of psycho-spiritual science. But we neglected our own knowledge and attracted to what had been coming from outside or imposed on us. The mental slavery, the attacks of invaders and suppressions of what we had, has made us insensitive to our heritage of knowledge. Whatever we have today, have not come from outside. Our ancestors, *rishis*, were pioneer in the science of music, dance, medicine, surgery, homoeopathy, mesmerism, poison therapy and above all the greatest science, the *Tantra sha'stra*. Unfortunately, the knowledge we are disseminating to our children is quite wrong. It needs complete reorientation and revival strategy. The present paper will discuss about the brilliant contributions of Indian inhabitants in the field of medical sciences; the facts not very well known to the world.

**Keywords:** A'yurveda, Homoeopathy, Mesmerism, Bio-psychology

### Introduction

Thomas Clayton Wolfe has rightly said "Knowledge is a potent and subtle distillation of experience, a rare liquor and it belongs to the person who has the power to see, think, feel, taste, smell and observe for himself, and who has hunger for it." India has a rich heritage in various fields such as science, technology, art, music, language, literature, philosophy, medicine and spirituality. Our traditional knowledge, in real sense, is a subtle distillation of experiences of thousands of years of so many intuitional scientists (*Rishis*). The lack of script in early years (Pre Shiva era) has led to loss of tremendous amount of knowledge in the dark valley of the past. Whatever remained was compiled in the oldest scripture/texts in the form of Vedas. Vedas are the richest source of knowledge, the humanity ever had. American author William James has rightly said "From the Vedas we learn a practical art of surgery, medicine, music, house building under which mechanized art is included. They are encyclopedia of every aspect of life, culture, religion, science, ethics, law, cosmology and meteorology". However many facts were still not properly recorded because of the knowledge gathered was transferred by process of telling i.e. hearing and memorizing (*Shruti*- the other name of Vedas).

But, in spite of many lacunas, whatever remains is unparalleled in quality and authenticity. However, at many places it is symbolic or amalgamated. It is beyond the scope of this article to encompass all the faculties of science and therefore this manuscript will be restricted to the less known historical facts about the contribution of Indian civilization to the development of various systems of treatments prevalent in the World.

### Therapy systems

With the few exceptions, most of the therapy systems or what is called the systems of treatment were originated in India and nothing has come from outside. All medical sciences are our heritage. We are the pioneer, but we did not value it and still we are under evaluating it.



**A'yurveda**

*A'yurveda*- the knowledge of healthy and long living –the ancient system of healing, was in existence in India even before Lord Shiva's time more than 7000 years. It was an *A'ryan* system based on the collection of substances whose medicinal values were discovered accidentally. These substances are known as *Mus'tiyoga* in Sanskrit and *T'ot'ka* in Bengali<sup>1</sup>.

Originally, *A'yurveda* had no place for surgery and the maximum importance was given to the medicines. It was Lord Shiva who provided it a definite systematic form which was popularly known as *Vaedyak Sha'stra*. Whatever, may be the modifications this science, *A'yurveda* is regarded to be the oldest (>7000 years) system of natural healing. Tibetan medicine and Traditional Chinese Medicine (TCM) both have their roots in *A'yurveda*. Not only this, early Greek medicine (Unani) also embraced many concepts originally described in the classical *A'yurvedic* medical texts dates back thousands of years<sup>2</sup>.

**Vaedyak Sha'stra**

It is also an ancient Indian (non-*A'ryan*) system of healing, which was given by Lord Shiva. It is basically tantra oriented system in which surgery was an integral part<sup>1</sup>. Because of incorporating surgery, *Vaedyak Sha'stra* not only immensely benefited India, but later on also brought about significant improvements in the alchemy, the alchemistry and the medico-chemistry of central Asia. It was in fact, not an ordinary achievement in the field of medical sciences.

**Hypnotism/Mesmerism (*Sammohan Cikitsa*)**

Hypnosis; as a part of therapy was prevalent in India and very well known as *Sammohan Cikitsa*<sup>1</sup>. In fact it is originally an ancient Indian system. Indian history mentions an *Ana'rya* lady doctor whose name was '*Karkati*', who specialized in this treatment modality<sup>1</sup>. Later on Mesmer experimented on it and the therapy achieved his name as Mesmerism. Truly speaking, this system should be named after *Karkati*<sup>1</sup> and not on Mesmer. The fact may be unpalatable to the followers of Mesmer in the West but history firmly establishes this bitter truth.

**Homoeopathy**

It is interesting to know that the science of Homoeopathy was first invented in India. It is an ancient Indian system which was combined with Poison therapy and based on the fact that "Like cures like". The hardcore fact is that Hannehman, who has been considered as the father of Homoeopathy, was not the originator of this therapy. Hannehman, the great physician, of course developed and popularized this method of therapy.

**Poison therapy (*Vish cikitsa*)**

Poison therapy, which was given by Lord Krs'na, is based on the fact that 'Poison is the drug for poison', a homoeopathic concept of "Like cures like". It was prevalent among *Ana'ryas* and South Indians. The first record dates back in *Maha'bha'rata* where *Bhiim* was poisoned by *Kauravas* and he was cured by injecting poison. The poison therapy can also be exemplified by taking into consideration of *Akavan* (*Calotropis procera*) leaves. The milky exudates from the leaves, if instilled into the eyes, the person can become blind; but if properly prepared, extremely useful medicine can be made for eye diseases from these leaves<sup>1</sup>.

**Surgery**

There are evidences that the surgery; fine surgery of cataract, art of stitching the skin, the dissection of the body were first started in India. Although, surgery is considered as a part of Allopathy, but actually it is a part of *Vaedyak Sha'stra*- the tantra oriented system. *Vaedyak sha'stra* describes the system of examination and analysis of dead bodies including dissections, surgical



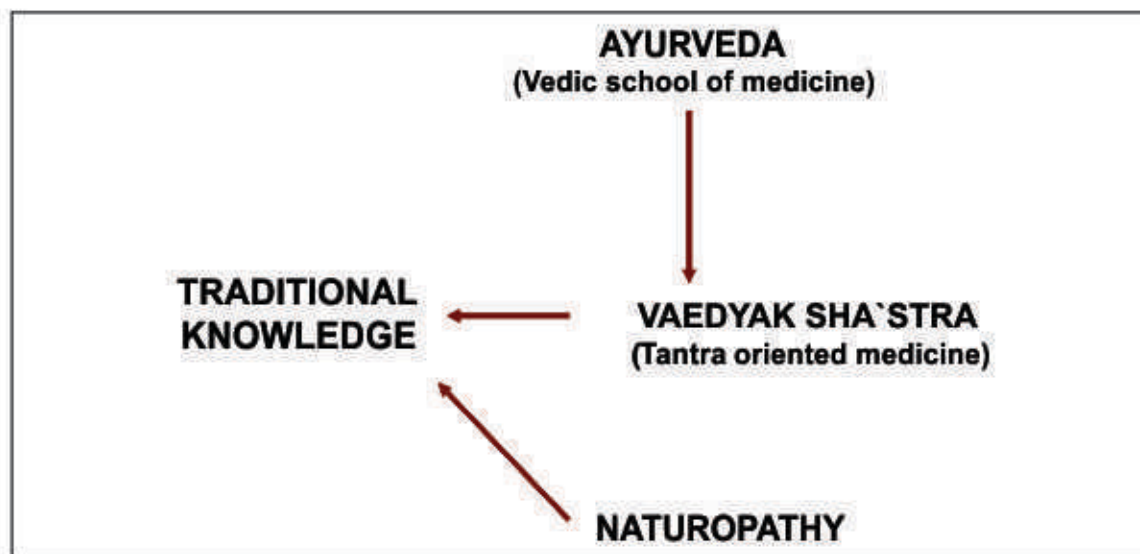


operations, stitching etc. During *Maha`bha`rata* era, there was a famous *Ana`rya* lady surgeon, named *Jara`* who stitched the parts of the body of a child who was delivered instrumentally. The child was therefore named *Jara`sandha* who was later on killed by *Bhiim* taking advantage of his weakness of the stitched areas<sup>1</sup>.

#### Downfall of medical sciences

The aforesaid description clearly depicts that all the systems of therapy have their origin in India and all were practiced well in the past. But later on, the downfall of all medical sciences began. There were many reasons for that.

Firstly, in Post Buddha era, people started hating to touch the dead bodies. Caste supremacy that higher caste people will not touch the dead bodies brought an additional tremendous set back to surgery. Unfortunately, it was the higher caste people who were well educated during that era. All lower caste, down trodden people did not get the chance to learn the *Sha'stras*. So the result was knowledge untouched the science of dissection and ignorance handled the human frame of knowledge. That brought the downfall of medical science of surgery. Secondly, 600-700 years after Buddha, Buddhists started rethinking in the direction of dissection and surgery but they did not get encouragement. Thirdly, because of repeated outside attacks on India, all sciences (*A`yurveda*, *Vaedyak*, Poison therapy, Surgery) were side tracked and Unani system was imposed in the society. As Unani system was not originated in India, it was not well accepted by the masses.



**Figure 1: Distillation of medical systems generating traditional knowledge of medicine**

The present day, traditional knowledge about the treatment of various diseases, is the distillation of knowledge from *A`yurveda* (Vedic School of medicine), *Vaedyak Sha'stra* (Tantra-oriented medicine), naturopathy and experiences of generations (Fig. 1)

#### Use of plants for medicine- historical perspective

Plant kingdom in extent is not smaller than animal kingdom; rather plants are the most important for the life of all animals and for the human existence. Human civilization has progressed to the present status in a healthier flow only due to existence of plants. Prehistoric human beings, at the dawn of civilization, were unaware of chemistry and pharmacology. They directly used various parts of plants and herbs to cure diseases.

#### *Navpatrika`*

There were nine kinds of special plants, having medicinal and food values which were known to pre-historic human beings. They worshipped these nine kinds of plants not as Gods or Goddesses of religion but as very useful entities. Godhood was actually imposed on these trees afterwards. These nine kinds of plants, known as *Navapatrika`* are mentioned below:



1. *Kadalii* (Plantain/Banana) *Musa paradisiacal* L.
2. *Kacu* (Green Taro) *Colocasia esculenta* (L.) Schott.
3. *Haridra* (Turmeric) *Curcuma longa* L.
4. *Jayantii* (Egyptian Rattlepod) *Sesbania sesban* (L.) Merr.
5. *Ashoka* (Ashoka Tree) *Saraca indica* L.
6. *Bilva* (Golden Apple) *Aegle marmelos* (L.) Correa
7. *Da'r'imba* (Pomegranate) *Punica granatum* L.
8. *Ma'n* (The Giant Taro) *Alocasia macrorrhizos* (L.) G. Don.
9. *Dha'nya* (Paddy, Unhusked rice) *Oryza sativa* L.

*Kadalii* is very nutritious (rich in Potassium, calcium and serotonin) as well as medicine for many diseases (dysentery, diabetes, intermittent fever etc.). *Kacu* is nutritious and good for kidneys. *Haridra* is highly antiseptic and anti-inflammatory, purifies blood and cures skin diseases. *Jayantii* is the medicine for white leprosy. *Ashoka* is an ideal medicine for all kind of female diseases. *Bilva* is the best medicine for all stomach diseases. *Da'r'imba* is a strong antioxidant and useful for female diseases. *Ma'n* is unique in building muscles and cooling the body. *Dha'nya* possesses numerous qualities beneficial for mankind (Anandamurti, 1985). The aforementioned qualities of these plants strengthen the concept that your medicine should be your food and your food should be your medicine.

#### **The concept of *Panc'awati***

The *Panc'awati* is a place where five types of trees are planted. These all plants are now well known scientifically to possess immense medicinal values. They have their physical importance, medicinal properties as well as spiritual importance. *Rishis* used to perform their psycho-spiritual meditation where these plants were present. These plants attract positive microvita (the smallest living entity) and make the environment conducive for spiritual practices<sup>3</sup>. Following plants are included in *Panc'awati*:

*Neem* (Margosa) *Azadirachta indica* A. Juss.

*Bilva* (Golden Apple) *Aegle marmelos* (L.) Correa

*Semal* (Silk-cotton tree) *Bombax ceiba* L.

*Vat* (Banyan tree) *Ficus benghalensis* L.

*Peepal* (Indian fig tree) *Ficus religiosa* L. / *A'mla* (Indian gooseberry) *Phyllanthus emblica* L.

Pre-historic human beings, by whatever means recognized the importance of plants and offered a status of divinity. The present scientific milieu should analyze these plants that are traditionally valued high and offered Godhood or spiritual significance. The crux of the theme is that those plants that have spiritual importance must have immense medicinal value.

#### **Conclusion**

It can be realized that India has a rich scientific heritage but unfortunately because of many seen or unseen reasons we neglected our own knowledge and directed our attention to whatever comes from outside as a high standard, more logical and authentic science. People of West are learning Sanskrit, thoroughly studying the Vedas and bringing additional facts which are for betterment of humanity. We should have done it earlier, should have respected and honored our scientific heritage.

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## HOMEOPATHIC APPROACH TO URTICARIA- MIND BEHIND THE DISEASE

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### Introduction

Urticaria is a pruritic skin eruption characterized by transient wheals of varying shapes and sizes with well-defined erythematous margins and pale centers. It is caused by capillary dilation in the dermis that results from the release of vasoactive mediators, including histamine, kinin, and the slow reactive substance of anaphylaxis associated with antigen-antibody reaction. It may be a reaction to drugs, food, insect bites, inhalants, emotional stress, exposure to heat or cold, or exercise<sup>1</sup>.

### Disease- a malfunction of organism

All medical theories, whether conventional or "alternative", past or current, are based on the concept that diseases are "malfunctions" of the organism. Diseases are thought to be caused by pathogenic microbes, malignant cancer cells, defective gene mutations, a weak immune system, environmental toxins, electromagnetic pollutants, geopathic radiation, carcinogens, smoking, a poor diet, obesity, nutritional deficiencies, imbalanced pH-levels, hormones, root canals, stress, negative beliefs, and the list goes on<sup>2</sup>.

### Disease –a meaningful biological process

Dr. Ryke Geerd Hamer's ground-breaking discovery that diseases are not senseless "disorders" but in reality meaningful biological processes trying to save an organism rather than to destroy it, and his findings that diseases are not "errors" of Nature but instead Significant Biological Special Programs of Nature created to support an individual during emotional distress, turn medicine as we know it entirely on its head<sup>3</sup>.

### Emotional conflicts and disease<sup>3</sup>

Dr. Hamer established that "every disease is caused by a conflict shock that catches an individual completely off guard" (First Biological Law). In honor of his son, Dr. Hamer called this unanticipated stressful event a *Dirk Hamer Syndrome* or **DHS**. Psychologically speaking, a **DHS** is a very personal incident conditioned by our past experiences, our vulnerabilities, our individual perceptions, our values and beliefs. Yet, a DHS is not a merely psychological but rather a biological conflict that has to be understood in the context of our evolution.

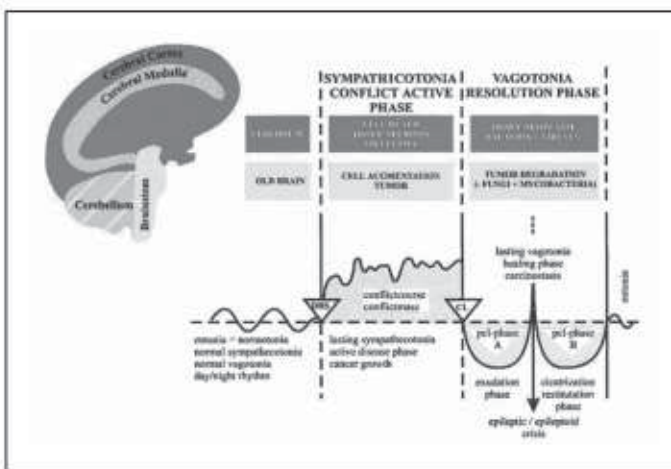
Animals experience these biological shocks in concrete terms, for example, through a sudden loss of the nest or territory, a loss of an offspring, a separation from a mate or from the pack, an unexpected threat of starvation, or a death-fright. Since over time the human mind acquired a figurative way of thinking, we can experience these biological conflicts also in a transposed sense.

A male, for instance, can suffer a "territorial loss conflict" when he unexpectedly loses his home or his workplace; a female "nest conflict" may be a concern over the well-being of a "nest member"; an "abandonment conflict" can be triggered by an unforeseen divorce or by being rushed to the hospital; children often suffer a "separation conflict" when Mom decides to go back to work or when the parents split up.

By analyzing thousands of brain *computer tomograms* (CT) in relation to his patient's histories, Dr. Hamer discovered that the moment a DHS occurs, the shock impacts a specific, predetermined area in the brain, causing a "lesion" that is visible on a CT scan as a set of sharp concentric rings.

Upon impact, the affected brain cells communicate the shock to the corresponding organ, which in turn responds with a particular—predictable!—alteration.

The reason why specific conflicts are indissolubly tied to specific brain areas is that during our historical evolution, each part of the brain was programmed to respond instantly to conflicts that could threaten our survival. While the "old brain" (brain stem and cerebellum) is programmed with basic survival issues that relate to breathing, eating, or reproduction, the "new brain" (cerebrum) is encoded with







more advanced themes such as territorial conflicts, separation conflicts, identity conflicts, and self-devaluation conflicts.

Dr. Hamer's medical research is firmly tied to the science of embryology, because whether the organ responds to a conflict by a tumor growth, by tissue meltdown, or by functional impairment is determined by the embryonic germ layer from which both the organ and corresponding brain tissue originate (*Third Biological Law*).

The brain controls all processes in the body. By comparing his patients' brain CT scan with their medical records and their personal histories, he found that an emotional trauma or "conflict shock" (DHS as he termed it) leaves a visible mark in precisely the same area of the brain that controls the disease process. Based on the study of tens of thousands of cases, he discovered that the psyche, the brain and the body constitute a biological unit, encoded with Biological Special Programs to secure survival. Dr.

Hamer established that the brain acts as a mediator between the psyche and the body, with both receiving and transmitting functions. He identified the brain as the biological control station from where these age-old emergency programs are directed and coordinated.

So in cases of urticaria also first the psyche is affected by a specific type of stress which sensitizes the B cells. All blood cells are derived from the mesoderm layer of the embryonic tissue.

#### **Organs formed by mesoderm and their control center in brain<sup>4</sup>**

**THE MESODERM (Middle Germ Layer)** is divided into an older and a younger group.

The old mesoderm is controlled from the **cerebellum**, which is part of the OLD BRAIN (brainstem and cerebellum).

The new mesoderm is controlled from the **cerebral medulla**, which is part of the CEREBRUM.

#### **Organs and tissues that derive from the old mesoderm are:**

- Corium Skin
  - Pleura
  - Peritoneum
  - Pericardium
  - Breast Glands
- Organs and tissues deriving from the old mesoderm are controlled from the Cerebellum (part of the Old Brain). The biological conflicts relate to the function of the respective organ.  
(part of the Old Brain). The biological conflicts relate to the function of the respective organ.

#### **Organs and tissues that derive from the new mesoderm are:**

- Bones (incl. Tooth Dentin)
- Cartilage
- Tendons and Ligaments
- Connective Tissue
- Fat Tissue
- Lymphatic System (Lymph Vessels & Lymph nodes)
- Blood vessels (except coronary vessels)
- Muscles (striated musculature)
- Myocardium (80% striated heart muscle)
- Kidney Parenchyma
- Adrenals
- Spleen
- Ovaries
- Testicles

All organs and tissues that derive from the new mesoderm are controlled from the Cerebral Medulla, which is the interior part of the cerebrum.

The biological conflicts linked to new mesodermal tissues relate predominantly to "self-devaluation conflicts".

A "**self-devaluation conflict**" refers to a loss of self-esteem or self-worth. Whether the self-devaluation conflict (SDC) involves the bones, the muscles, the cartilage, the tendons, the ligaments, the connective tissue, the fat tissue, the blood vessels, or the lymph nodes, is determined by the intensity of the conflict (severe SDC affects bones or joints; a less intense SDC affects the lymph node(s) or muscles; a small SDC affects the tendons)

Disease follows universal biological principles and is the interaction between three levels that make up the organism: the psyche, the brain and the organ<sup>5</sup>. Although it is well known that psychosocial factors, including major stressful life events, produce detrimental effects on a variety of immune functions<sup>6</sup>. A negative self-evaluation can alter immune



response<sup>7</sup>.

So in urticaria the B cell becomes sensitized to self-devaluation. Feeling of self-devaluation comes from a conflict with a person who is regarded as close to self. Immune cells are always related to self defense. So person who is regarded as close to you and suddenly you receive devaluation in the form of insulting remark which causes a thought process – this person was so close to me....how could he hurt me or insult me like that. This results in sensitization of B cells and resulting in urticaria.

In homeopathy we treat the mind or psyche of the patient which got disturbed due to devaluation. Homeopathy is a science based on psycho-somatic interactions. Symptoms of drug proving were noted down at level of psyche, brain and organs. These symptoms of the diseased man are matched at the level of psyche, brain and organs to find out the individual homeopathic remedy. This is the basic method of remedy selection in homeopathy – *similia similibus curentur*.

In urticaria, patient faces sudden insult from a closed one which causes irritation at the level of psyche which is seen as severe itching physically. How the patient reacts to the insulting situation is the basis of selection of homeopathic medicines. In acute urticaria cause is most important followed by peculiar symptom at skin.

In chronic urticaria precipitating cause is not important but the maintaining cause is more important. Here a homeopath sees the peculiar disposition of the man in disease. Disposition means his peculiar reaction to any emotional trauma. If a person is reacting emotionally in a same way in different emotional stresses in his life this peculiar reaction is his emotional disposition. The remedy is thus prescribed on this disposition along with some peculiar physical generals like thermals, thirst, general intolerances and aggravations from external factors etc. This peculiar disposition comes out of genetic tendency to react in such fashion. So such prescription removes the genetic tendencies of diseases. Thus homeopathy removes the disease from the root cause – the altered genes.

#### **Some representative cases:**

##### **Acute urticaria –**

A 14 year old boy comes with acute urticaria whole body since last 15 days. Severe itching and welts all over the body. Taking anti-allergic medications regularly since 15 days but when not taken it reappears.

Since it is an acute urticaria the cause here is most important. He belongs to lower socio-economic class family. He has one younger brother.

Family environment – father is very cool and calm while mother is of irritable and angry disposition. Used to beat both kids. She has the habit of comparing this kid with the neighbour's kid for studies.

Recently his mother scolded him very badly regarding studies and again compared him with the neighbour's kid. This kid got so irritated that he even left home and went away. His father searched him and brought him back home. After this incidence the episodes of acute urticaria started.

Anger reaction – he will scream badly and will throw things.

Past history – Seasonal cold and cough; Epistaxis history till the age of 7 years; Somnambulism. Mother reports that when he studies for long after that his eyes will become so red as if blood would come out (congestion of conjunctiva).

Family history – father – hemorrhoids, Mother – severe atopic dermatitis, Physical generals – thirst – good.

Appetite – good, Sleep – Somnambulism, Analysis – Cause – Scoldings from mother which hurted him – admonition – ailment from, Defense reaction – history of Epistaxis and Somnambulism - his defense system is in tertiary state, in homeopathy it is called as a syphilitic defense or miasm.

For this patient to be cured of urticaria a homeopathic remedy should cover –

1. Ailment from admonition, 2. Epistaxis, 3. Somnambulism, 4. Anger violent

Result – Based on this analysis belladonna was selected. Potency 1m 1 dose was given.

After 7 days no further episodes of urticaria. He had cough and cold after 1 month which went on without any medicine. Patient was followed till 6 month and no episode of urticaria was reported.

##### **Chronic Urticaria –**

A case of chronic urticaria with migraine in a 8 year old girl from last 5 years. She was taking anti-allergics from a dermatologist but now her grandparents does not want her to continue due to long term side-effects of drugs. For headache taking pain-killers from local medical shop.

Urticaria comes in whole body with uncontrollable itching. Cannot tolerate itching and cannot sleep due to itching. Better only after taking levocetirizene.

Headaches on and off very severe in intensity, cries and only better after analgesics. Episodes of headache occurs 3 to 4 times per month with nausea.

Past history – 1. Recurrent cold cough due to weather changes.

2. History of epistaxis in summers with profuse bleeding.

Family history – Father and mother both have history of epistaxis.

Physical generals – Thirst – thirsty

Thermals – Cannot bear cold; chilly patient.

Stool – Hard stools, constipated.

Sleep – Talking in sleep. Utters few words which are very clear to be heard.



**Life space** – This child lives with her grandparents. At the age of 2 years her parents left her. Her mother is living in some other city but the whereabouts of her father is not known. Her mother calls to talk to her but she is not interested to talk. She avoids mother even when she comes home. She is very much attached to her grand-father and grand-mother. Cannot live without them and needs them. When she is left alone at home she cries for them so at least one has to be there at home. At home her two chachas and two chachis are also there who have 2 sons and 2 daughters. She plays with them but many times when there is fight she is left alone because they make their group and she is left alone. She has two siblings who lives with her mother. Her mother took them away when she was 2 year old. She is very much attached to her siblings too. She calls them frequently and likes to meet them but is indifferent to her mother.

Her chachis favour their kids. Whenever they bring sweets or chocolates or clothes it is only for their kids and not for her. It hurts her very much and she cries. Once she was alone at home with chachis and was hungry. She demanded for food and was not given to her by her chachis. Later when her grandmother came she hugged and cried badly. She tries to keep her relations good with everybody at home. She never demands for food and clothes, whatever is given to her is acceptable to her. She needs emotional support and so is very much attached to both grandparents.

She takes interest in studies and does her homework on time. Very regular in school. Studies and goes to school with interest – Diligent.

**Analysis** – Syphilitic – Epistaxis (genetic trait), Talking in sleep., Psora – Needs emotional support because of forsaken feeling, Thirsty, Chilly, Diligent

**Rubrics** – 1. Epistaxis.

2. talking sleep in.

3. forsaken feeling – beloved by his parents, wife, friends; feeling of not being.

**Repertorization** – puls – 8/3; calc 6/3; sulph 6/3; ars alb 5/3; mag-carb 5/3; nat mur 5/3; sep 5/3.

**Rx** natrum phosphoricum 1m 1 dose was given. (from natrum group nat phos was selected.)

In 4 months urticaria and headache completely gone. In between she had 2 episode of upper respiratory infection which subsided without any medication.

Her energy level and stamina also improved.

#### **Conclusion**

In acute cases, cause is most important whereas in chronic urticaria, the sensitivity and disposition as well as the defense reaction of the patient to the conflict or stress is most important for prescription. If in a case of acute urticaria a syphilitic trait is seen it has to be taken into consideration for remedy selection. In a chronic case a peculiar syphilitic trait should be used to enter into the case and the remedies should be differentiated on the disposition of the patient.

In a nutshell, in cases of urticaria homeopathy differs from other therapies by taking into account the conflicts that disturbs the mind of the patient and the reaction of the patient to those conflicts. Whenever the mind gets affected, homeostasis at the level of mind is disturbed. When the mind is disturbed, the cellular physiology is disturbed and then the disease process starts. In homeopathy we do not treat urticaria but the mind who got affected due to sudden conflict. Regarding potency, the more the intensity of conflict the more will be the severity and intensity of the disease and the higher the potency (highly diluted remedy) to be given. Intense conflict causes intense disturbance of mind and requires higher potencies for deeper penetration into the system.

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## *Invitation*

### **2<sup>nd</sup> International Seminar on Microvita Research (ISMR-2016)**

*Focal theme : Mind, Microvita and Meditation*

**Friday, 8<sup>th</sup> April, 2016**

**RNT Medical College, Udaipur, Rajasthan, India**

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## BOOK-POST

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- Chief Editor

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## WHAT IS MICROVITA ?

**Microvita :** *Micro*- Small, *Vita*- Living

**Definition :** Entities or objects which come within the realm of both physicality and psychic expressions, which are smaller or subtler than atoms, electrons or protons; and in the psychic realm, may be subtler than ectoplasm or its extra-psychic coverage; endoplasm have been termed as "Microvita" (Singular- Microvitum) by Shri P. R. Sarkar.

**Physicality :** The position of microvita is just between ectoplasm and electron, but they are neither ectoplasm nor electron.

**Categories :**

A) Based on density or subtlety -

- First : Coming within the scope of a highly developed microscope.
- Second : Not coming within the scope of a perception but coming within the scope of perception as a result of their expression or actional vibration.
- Third : Not coming within the scope of common perception but coming within the scope of a special type of perception which is actually the reflection of conception within the periphery of perception.

B) Based on nature -

1. Positive
2. Negative
3. Neutral/Ordinary

**Movement :**

- ❖ Move throughout the entire universe.
- ❖ Move unbarred, without caring for the atmospheric conditions.
- ❖ Move through a medium or media i.e. sound, form, figure, smell, tactuality or ideas.

**Root cause of life :**

Microvita create minds and bodies and also destroy minds and physical bodies. The root cause of life is not the unicellular protozoa or unit protoplasmic cell, but this unit microvitum.

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Suggestions/Comments/Articles are welcomed

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3. To initiate and inspire about research on Yogic, Vaedic, Naturopathic, Ayurvedic and Homoeopathic schools of medicine.
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6. To publish result of the research in national and international journals and interact with other people working in the field in and out of the country.
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