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ORIGINAL ARTICLE

PRINCIPLES OF SELECTION OF SIMILLIMUM AND IMPORTANCE OF SECOND PRESCRIPTION IN CASE MANAGEMENT

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Abstract

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Key Word- Homoeopathy;
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Homoeopathy is a system of medicine founded on a definite law 'similia similibus curantur' which means 'like cures like'.

So Homoeopathy signifies the therapeutic method of symptom-similarity. According to this system the choice of the medicine is fundamentally based on the principle that the

medicine must have the capability of producing most similar symptoms of the disease to be cured in healthy persons.

Material And Methods: The present study was carried at Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana. Study among 30 patients based on clinical history including subjective and objective signs and symptoms, would aim to draw the conclusion of therapeutic efficiency and managing the case by second prescription. **Result:** 30 chronic cases were studied at length. 27 cases showed considerable improvement in the frequency and intensity of

complaints. In one of the cases, there was no change in any complaint despite the treatment-Status Quo. In 02 cases, despite the treatment, complaints became worse. **Conclusion:** The Study was conducted with the objective of assessing the "Principles for selection of Simillimum and Importance of Second Prescription in case Management." Finding the simillimum depends on the evaluation of symptoms.

INTRODUCTION

Homoeopathy is a system of medicine founded on a definite law 'similia similibus curantur' which means 'like cures like'. So Homoeopathy signifies the therapeutic method of symptom-similarity. According to this system the choice of the medicine is fundamentally based on the principle that the medicine must have the capability of producing most similar symptoms of the disease to be cured in healthy persons. Dr. Hahnemann by his fine observations and inductive method of reasoning became convinced of the law of cure, SIMILIA SIMILIBUS CURANTUR.

Modern Homoeopathy, with several thousand remedies available, needs to simplify the labor of finding the simillimum, especially in complicated cases. Some homoeopaths tend to take the path of least resistance, finding an easy way out like keynote prescribing others have made the process overly complex, by focusing on small remedies without

relying on the classic principles of prescribing. The mountain of intake information often seems to indicate more than one remedy, but the laws of Homoeopathy demand that we cover each case with just one. Finding the simillimum depends first on the evaluation of symptoms even in long standing chronic cases with many apparently diverse disease conditions, there always is method and order running through the case if only we can find the clue. After remarking, almost in the very words of the empirical school of philinus and serapion, that the totality of the morbid symptoms alone constitutes the true portrait of the disease, he goes on to observe, "That the sum of all the symptoms in each individual case of disease must be the sole indication, the sole guide to direct us in the choice of a curative agent. Thus he writes:- "useful to the physician in assisting him to cure are the particulars of the most probable exciting cause of the acute disease, as also

the most significant points in the whole history of the chronic disease, to enable him to discover its fundamental cause, which generally depends on a chronic miasm. In these investigations the apparent physical constitution of the patient his moral and intellectual character, his occupations, mode of living and habits, his social and domestic relations, his age, sexual power, etc., are to be taken into consideration." The main aim and objective of the study was to maintain the cure by management of the case by second prescription; which means follow up of the cases based on observations.

MATERIAL AND METHODS

According to the instruction and advises of our great masters, a thorough case taking will be executed for every case and standardized performas as approved by the guide will be used for this purpose to avoid any mistake. Diagnosis will be done on the basis of clinical history, which include objective signs and symptoms. Repertorisation of cases will be done by Homoeopathic software but the final drug selection will be done after justification from Materia Medica and considering other aspects. The patient will be kept under observation continuously for 1 Year, an evaluation of the state of the patient will be carried out at regular intervals. The analysis of the study will be done in following stages: Data analysis; Outcome

analysis and Homoeopathic drug analysis. The interpretation of therapeutic efficiency or success was done by assessment of clinical response. It was evaluated objectively. The study was conducted on about 30 cases. Patients were taken from OPD/IPD of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital, Ludhiana.

OBSERVATION AND RESULTS

30 chronic cases were studied at length. 27 cases showed considerable improvement in the frequency and intensity of complaints. In one of the cases, there was no change in any complaint despite the treatment-Status Quo. In 02 cases, despite the treatment, complaints became worse. The main aim and objective of the study was to maintain the cure by management of the case by second prescription; which means follow up of the cases. These results were observed for about 6 months. It was felt the time period of follow up was not adequate in most of the patients. These patients require further careful treatment for achieving the desired results. In about 10 cases, only the repetition of the first prescription was sufficient to manage the case; as the original symptoms returned after a interval of valuable period, having the same general and particulars as formerly. In about 48% of cases, the response to the previous administration

was not considerably satisfactory because of either inadequate relief or early cessation of the good effect. So, a change in potency was required in these cases.

Observation Of Cases In Relation To Age

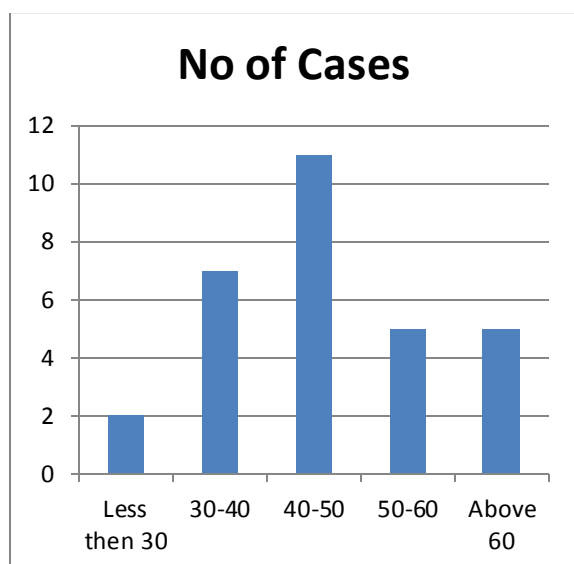


Fig 1 Age Distribution

Representation Of Cases In Relation Ship To Systems

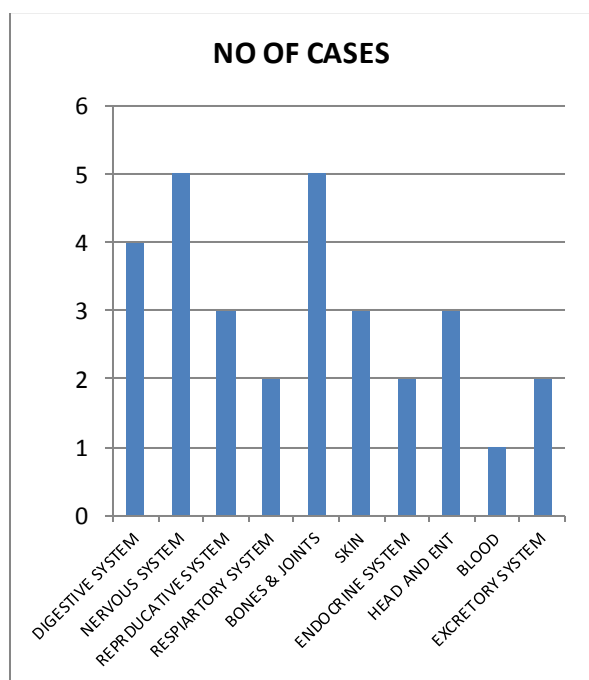


Fig 2 Case Relation to System of body

Duration Of Treatment

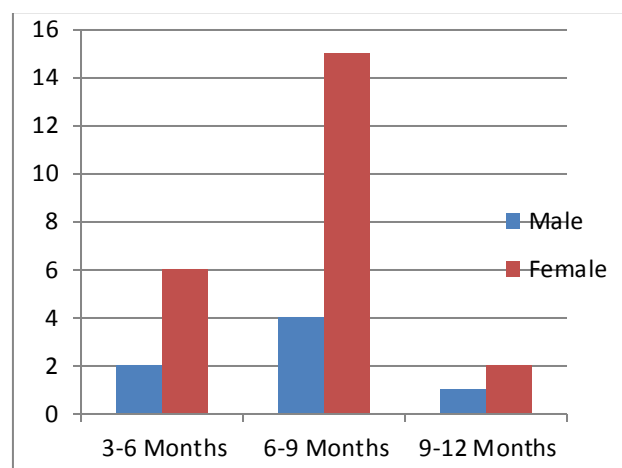


Fig 3 Duration of treatment

Drug Relationship

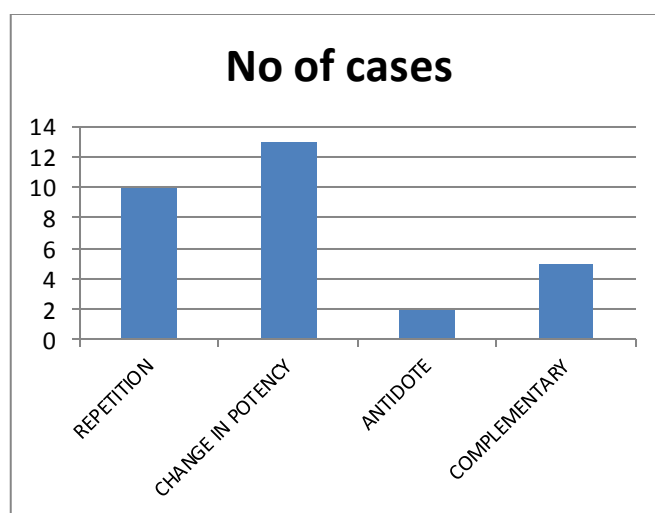


Fig 4 Second prescription mode

DISCUSSION

The study was undertaken in 30 cases. Only those cases were taken whose follow up was atleast between 3 to 6 months. A step by step approach was followed in a systematic manner. The logical base that promoted the scientific practices of Homoeopathy, the method of remedy selection and mode of remedy administration was followed. The results show that the Homoeopathic remedies are

effective and give relief. The relief is not only longer, faster but also without any side-effects and it accompanies with a sense of well being. Some of the following points were observed during the study of the cases:-

- The value of the written case history of the patient.
- The importance of the emotional factors in the genesis of the illness.
- The importance of hereditary pre dispositions.
- The varied symptom etiology that came across on some of the chronic cases.
- The difficulty of finding one single remedy to suit all the aspects of the case.
- The partial relief obtained by the well indicated remedy.
- The short term of relief obtained by superficially acting remedy.
- Failure to supplement the action of the superficially acting remedy leading to frequent relapses which finally fail to respond in chronic cases.
- The important relationship between remedies during the selection of second prescription.

The knowledge of comparative Materia Medica which was useful at the final stage of differentiation. The response of the cases were slow but steady and

favourable. The main cause for a slow response was the maintaining causes (his occupation, mode of living and habits, social and domestic relations etc.) which could not be changed. But the medicine helped to improve the outlook of the patient so that they were able to cope up better under the same circumstances. In selecting the simillimum, the points were kept in mind regarding the knowledge of the remedies in Materia Medica (drug pictures), knowledge of the disease patient (i.e. disease picture) and matching the disease picture with the drug picture. So, the simillimum covers the totality of the case. The simillimum fits the case exactly, its action goes right to the bull's eye and the cure is speedy, gentle and effective. Medicines were selected on the basis of Repertorisation considering the totality of symptoms including the presenting complaints, general and particular symptoms, innate nature, miasm, desire and aversions, thermals, thirst and modalities etc. The cases were repertorised by synthesis repertory in RADAR 7.3 version software.

SUMMARY AND CONCLUSION

The Study was conducted with the objective of assessing the "Principles for selection of Simillimum and Importance of Second Prescription in case Management." The Patient were selected on the basis of inclusion criteria and

exclusion criteria. Every science has certain basic principles which guide the whole system. Homoeopathy as a science of medical treatment has a philosophy of its own and its therapeutics is based on certain fundamental principles which are quite distinct and different from those of other school of medical science. These fundamental principles were discussed by Hahnemann which includes the 'The Law of Similia'. Homoeopathy is defined as the therapeutic method of symptom similarity. In order to extinguish the weaker dynamic affection in the living organism, the perfect simillimum should be searched for. The mountain of intake information often seems to indicate more than one remedy, but the laws of homoeopathy demand that we cover each case with just one. Hence the simillimum covers the totality of the case. Finding the simillimum depends first on the evaluation of symptoms. A knowledge of Materia Medica will obviously make this process faster. In selecting the simillimum the physician ought to be the master of trinity, viz. The knowledge of the remedies in materia medica (the drug), knowledge of the diseased patients (i.e. the disease picture) and the art or skill in matching the disease picture with the drug picture.

The physician's duty does not end after the first prescription, not even after the second or subsequent prescriptions. It

only ends after a cure is accomplished. Thus more than one prescription may be necessary in most of the cases. Yet a good clinical result depends mainly on the second prescription. A prescription is only called the second one if it follows a first one that has acted; wrong prescriptions don't count. So the accurate interpretation of the changes occurring after the remedy has been given is, in some respects, more important than the selection of the drug and the repetition of the drug and the repetition of the dose. The whole future of the patient may depend upon the conclusion that the physician arrives at after the remedy has been administered.

The Importance Of Second Prescription

A good clinical result depends mainly on the second prescription. A prescription is only called the second one if it follows a first one that has acted, wrong prescription don't count. A bungling prescriber may have given four or five incorrect remedies and the sixth, if it really takes hold, should be considered the first prescription. So the accurate interpretation of the changes occurring after the remedy has been given is, in some respects, more important than the selection of the dose.

Kent even says, "The whole future of the patient may depend upon the conclusions that the physician arrives at after the remedy has been administered."

From the patient's reports of his reaction to the remedy, the practitioner must be able to determine whether the remedy is acting at all, and if so, whether the action is favourable and what prognosis may be expected. She must know how to predict the duration of action of remedy in each individual case. In short, having started the journey to cure, she must be sure she is on the right track and that she knows when and how to change remedies. Her decisions must be based on careful observation based on seeing the patient, for what the patient reports is after misleading.

Understanding each of the following scenarios after a first prescription will keep us on the right track in chronic cases. We must have the courage and confidence to maintain a steady course no matter how much the patient wants to change a remedy because he things changes are not coming fast enough or thinks it is not working when old symptoms recur.

The main aim and objective of the study was to maintain the cure by management of the case by second prescription; which means follow up of the cases. These results were observed for about 6 months. It was felt the time period of follow up was not adequate in most of the patients. These patients require further careful treatment for achieving the desired

results. In about 10 cases, only the repetition of the first prescription was sufficient to manage the case; as the original symptoms returned after a interval of valuable period, having the same general and particulars as formerly. In about 48% of cases, the response to the previous administration was not considerably satisfactory because of either inadequate relief or early cessation of the good effect. So, a change in potency was required in these cases. The complaints of about 2 cases became worse, despite the treatment. A lot of new symptoms appeared, not old, not belonging to the medicine given. So, in that cases, antidote was given.

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