

# CLINICAL And EXPERIMENTAL HOMEOPATHY

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## **Polypharmacy- the non-homoeopathic method**

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### **Introduction**

Use of multiple medications often termed polypharmacy, is increasingly a serious concern in the current Homoeopathic system. Reasons for this are a bizarre.

-In the most advanced era, we still have few of the narrow minds that fail to see through the well established facts. We see a lot number of Physicians and quacks practicing polypharmacy- the irrational method.

The ever greatest Physician Dr Hahnemann coined the term Homoeopathy, based on the two Greek words for Similar and suffering, which clearly means prescribing the medicines to an ill person, based upon the symptoms the remedies can produce when they are proved upon the healthy human beings.

Our 4 cardinal principles are

- 1) Like cures the Like
- 2) Single remedy
- 3) Minimum dose
- 4) Potentized remedy

These are the 4 pillars of our system, without anyone of these the practice of system will certainly collapse.

In the Aphorism 273 he says, ***In no case under treatment is it necessary and therefore not permissible to administer to a patient more than one single, simple medicinal substance at one time.***

The master himself has set forth some regulations for the system which clearly means we should not indulge into anything beyond single and simple remedy. When more than a single medicine is administered it is difficult judge, sometimes, from the reaction of the patient which of those medicines lead to the changes.

What are the reasons that lead to polypharmacy?

### **Is it based on Clinical prescription?-**

We the homoeopaths should always stick to the theory of individualization, for clinical prescription have no place in our system.

### **Or for the satisfaction of patient in consuming more medicines? –**

For this we don't have to use a potentized medicine; a placebo will help instead.

### **Or Do you believe in something else like your own strategy of prescription?-**

Because we see many people saying 'This is my kind of prescription', are we supposed to follow

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the original method or Invent our own method's? Cure always does not occur in all these newly invented method's of prescription.

For Example,

1) A person named X, female aged 13 years came to a Homoeopath with complaints of evening chills, persistent fever, Vomiting of food, Body pains and restlessness. So the Doctor without enquiring about cause that lead to the present condition, thermal relation, desire's and aversion's have confidently prescribed,

- Rhus tox 200 in the morning
- Belladonna 200 in the noon
- Cinchona officinalis 200 in the evening
- Ferrum phos 200 at night. One doses each.

The patient is expected to take for a continuous three days.

In the second visit i.e. on the fourth day patient did not turn up rather her mother do. Upon questioning mother told that the child is too weak to come as the temperature has increased drastically following increased vomiting's. Again the same prescription was given and finally with continuous aggravation child was admitted in an allopathic nursing home, after a couple of days she started recovering on allopathic medication.

Hence one family lost its faith in homeopathy, all again.

What is the problem with the system?

The reason for the failure of homoeopathy in this case is,

- The Doctor has prescribed all the deep acting remedies with 200<sup>th</sup> potency with an improper case taking.

-It being an acute case; cause is necessary to be found which the physician failed to do. The importance of Knowing the cause was clearly told In the aphorism 7 -'**Now, as in a disease, from which no manifest exciting or maintaining cause (causa occasionalis) has to be removed**'.

- Case isn't taken completely, details regarding thermal relationship, desires and aversions are missing, here the concept of totality was completely dodged. In the aphorism 7 which can find the importance of the concept of totality as - '**and thus, in a word, the totality of the symptoms must be the principal, indeed the only thing the physician has and to remove by means of his art, in order that it shall be cured and transformed into health**'

-Deep acting medicines are given in repetition with 200<sup>th</sup> potency, here the concept of duration of action of remedies is also avoided along with the concept of simple remedy.

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Hence cure could not happen, speaking straight is it the system with perfect principles that failed or the unscrupulous physician?

Example 2-

A person named Y, male, age 32 years came to a Homoeopath with complaints of Pain in the chest, Nausea, Bloating, Burping, heartburn, Case was again incompletely taken and prescription included,

- Pulsatilla 200 in the morning
- Nux vomica 200 after an hour of Pulsatilla
- Lycopodium 200 in the next hour of Pulsatilla and finally Carbo veg in the following hour of Lycopodium.
- Due to continuous and increased heartburn patient has moved to an allopathic doctor.

Reasons for the failure of this case are,

- Prescribing all the deep acting remedies in a chain only lead to a complex condition, here the concept of similimum has got no place. We knew that there will be certain time of action of remedies how can we prescribe another remedy without the completion of action of previous one? Ultimately this kind of practice will only end up in failure. Because these practices were done without following Homoeopathic principles.
- Some persons who practice polypharmacy may have found recovery

or improvement but it should be noted that they cannot find cure.

- As we cannot appreciate the light without darkness. We cannot always discuss about the successful cases, we should also get an insight into the so called failure cases and the reasons that lead to the failure. So that we can correct ourselves and evolve in the journey towards cure.

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