

## HAHNEMANN AS A HOLISTIC PHYSICIAN

Dr.R.Rejikumar, II year MD Scholar  
Dept. of Homoeopathic Philosophy  
Government Homoeopathic Medical College  
Thiruvananthapuram, Kerala

### ***Introduction***

The study of Homoeopathy won't be complete unless the credentials of our great master are perceived in the true sense. In considering the contributions of Hahnemann to Medicine, we will be taken to one of the major aspects, viz the holistic concept.

### ***Hahnemann – the perfect genius***

“In a subject so extensive and difficult as that of the healing art, it is of course impossible for any single man, however exalted his genius and talents, to arrive at absolute perfection, or to remain entirely free from errors; but in the instance of Hahnemann, we might almost claim an exception to this rule, were it not for two or three minor, and really unimportant matters of opinion which are of but little importance in a practical point of view.”

### **Homoeopathy – the Medicine of Experience**

“What crude nature presents to us should not form the limit for the relief of our necessities; no, our mind should be able to enlarge her resources to an unlimited degree for our perfect well being.”

“Medicine is a science of experience; its object is to eradicate diseases by means of remedies.”

### **Hahnemann's plea to the critics**

“ Refute, I cry to my contemporaries, refute these truths if you can by pointing out a still more efficacious, sure & agreeable mode of treatment than mine - and do not combat them with mere words, of which we have already too many. But should experience shew you, as it has me, that mine is the best, then make use of it for the benefit, for the deliverance of humanity, and give God the glory ! ”

### ***Hahnemann and 'The rule of 3'***

Being a person striving for perfection in all sense and having an inquisitive mind which theorizes every possible outcomes we can presume that our master had an infallible notion of making everything complete. Most of his teachings had the influence of trinity which was from ancient times considered as a symbol of the whole. The following are only some illustrations.

- Miasms
- Knowledge of physician
- Errors of physician
- Modes of treatment

- Causes of disease
- Discovery of small doses

### ***Holistic Medicine – Myths and Facts***

The terms holistic medicine, energy healing, herbal medicine etc. are very loosely used currently creating confusion among public. Ideally it should denote a system or concept of medicine wherein the wholeness of a patient as an individual is considered. A concept of integrating different systems of medicine can in no way be called holistic unless the false belief that 'man is nothing but an aggregate of some organs', is abandoned.

Master Samuel Hahnemann can be truly considered as the pioneer of holistic healing because the credit of introducing the novel concepts of individualisation and totality of symptoms into the service of ailing humane is upon him.

### ***Unity of Medicine***

"As our studies in medicine penetrate deeper into the problems of each individual branch or specialty one fact stands out with ever-increasing emphasis; namely, that medicine is a unit and incapable of real division into specialities. The superior man in medicine of as future will not be the great laboratory worker, or the man who is known for his studies in metabolism, or the expert gastro-enterologist or neurologist or surgeon, or he who stands preeminently above his confreres in his knowledge of disease of the heart and arterial system or of the lungs, \*but the man who recognizes the fact that the truths derived from all these sources of study and investigation must be interpreted as **belonging to the patient as a whole** in other words, \*the internist who appreciates the unity of medicine. The distinguished specialist will be one who regards his field of study in its intimate relationships to \*the body as a whole."

(Francis Marion Pottenger, A.M., M.D. LL. D. F.A.C.P, the most distinguished specialist in diseases of the chest in the United States, opens his great book entitled "Symptoms of Visceral Disease" with these words. Quoted by Stuart Close in Unity of Medicine)

### ***Individualisation***

"Every physician who treats disease according to such general character however he may affect to claim the name of homoeopathist, is and ever will remain in fact a generalizing allopath, for without the most minute individualisation, homoeopathy is not conceivable."  
(Introduction, Organon of Medicine – 5<sup>th</sup> edn)

This individualizing examination of a case of disease, for which I shall only give in this place general directions, of which the practitioner will bear in mind only what is applicable for each individual case, demands of the physician nothing but freedom from prejudice and sound senses, attention in observing and fidelity in tracing the picture of the disease.  
(§ 83, Organon of Medicine – 5<sup>th</sup> edn)

### ***Individualisation – Kent***

Comparison, individualisation, and difference in the nature of things most similar, are points that must be carefully considered. The substitution of one remedy for another cannot be

thought of, or entertained in Homoeopathy. The homoeopathic physician must individualize, he must discriminate. He must individualize things widely dissimilar in one way, yet similar in other ways.

### **Individualisation – Stuart Close**

It is a characteristic of homoeopathy that all of its practical processes are governed by the principle of individualisation. In its drug provings; its study of the materia medica compiled from those provings; its examination of a patient and study of a case; its selection of the remedy and its conduct of whatever auxiliary treatment is required, it seeks always to individualize.

### **Individualisation – Hughes**

Individualisation is as important in therapeutics as it confessedly is in education.

### **Individualisation – Dudgeon**

Individualisation a peculiar feature of Hahnemann's teaching before his invention of the psora theory.

In his homoeopathic law we have the principle of extreme, we might say excessive individualisation, whilst the psora theory is an illustration of the opposite of extreme generalisation.

### **Individualisation – John Weir**

Homoeopathy takes into account the individual, with his personal reactions to environment, physical, mental and moral; his deviations from the normal due to sickness. With Hahnemann, when it comes to prescribing, "we know no disease, only sick persons" whose sickness has to be matched in Materia Medica. And this is only commonsense, since no illness, if we take trouble to enquire affects all persons alike.

### **Individualisation – Dey**

- ❖ Individualisation is a process to single out a patient suffering from a particular nosological condition.
- ❖ Individualisation without proper evaluation and evaluation without proper anamnesis & interpretation, are bound to be futile.
- ❖ The individualising features are obtained from the generalities of the patients specially the mental generals and the causation of the complaints including the fundamental miasmatic causes.

### ***Totality of symptoms***

All these perceptible signs represent the disease in its whole extent, that is, together they form the true and only conceivable portrait of the disease. (§ 6, Organon of Medicine – 5<sup>th</sup> edn)

...the totality of these its symptoms, of this outwardly reflected picture of the internal essence of the disease, that is, of the affection of the vital force, must be the principal, or the sole means, whereby the disease can make known what remedy it requires - the only thing that can determine the choice of the most appropriate remedy - and thus, in a word, the totality of the symptoms must be the principal, indeed the only thing the physician has to take note of in every

case of disease and to remove by means of his art, in order that it shall be cured and transformed into health. (§ 7, Organon of Medicine – 5<sup>th</sup> edn)

The affection of the morbidly deranged, spirit-like dynamis (vital force) that animates our body in the invisible interior, and the **totality** of the outwardly cognizable symptoms produced by it in the organism and representing the existing malady, constitute a whole; they are one and the same. (§ 15 , Organon of Medicine – 5<sup>th</sup> edn)

This is best effected when, in the investigation of the case of disease, along with the exact character of the local affection, all the changes, sufferings and symptoms observable in the patient's health, and which may have been previously noticed when no medicines had been used, are taken in conjunction to form a complete picture of the disease before searching among the medicines, whose peculiar pathogenetic effects are known, for a remedy corresponding to the totality of the symptoms, so that the selection may be truly homoeopathic. (§ 192, Organon of Medicine – 5<sup>th</sup> edn)

### **Totality – Stuart Close**

The Totality of the Symptoms means all the symptoms of the case which are capable of being logically combined into a harmonious and consistent whole, having form, coherency and individuality.

The true "totality" is more than the mere numerical totality or whole number of the symptoms. The "totality" is that concrete form which the symptoms take when they are logically related to each other and stand forth as an individuality, recognizable by anyone who is familiar with the symptomatic forms and lineaments of drugs and diseases. The basis of homoeopathic prescription is the totality of the symptoms of the patient, as viewed and interpreted from the standpoint of the prescriber.

### **Totality – William Boericke**

The totality of symptoms includes every change of state of body and mind that we can discover or have observed, or that has been reported to the physician; thus every deviation from health.

### ***Characteristic symptoms***

In fact the concept of characteristic symptoms is the corner stone of totality as well as individualisation in Homoeopathy.

In this search for a homoeopathic specific remedy, that is to say, in this comparison of the collective symptoms of the natural disease with the list of symptoms of known medicines, in order to find among these an artificial morbidic agent corresponding by similarity to the disease to be cured, the more striking, singular, uncommon and peculiar (characteristic) signs and symptoms of the case of disease are chiefly and most solely to be kept in view; (§ 153 , Organon of Medicine – 5<sup>th</sup> edn)

### Characteristic symptoms – Kent

§ 153 is the one that teaches more particularly how the process of individualisation or discrimination shall be carried out. It treats of characteristics, it treats of grades. The homoeopathic physician may think his case written out very well, but he does not know whether he has or not until he has mastered the idea of this paragraph.

### Characteristic symptoms - Stuart Close

A characteristic or keynote symptom is a generalization drawn from the particular symptoms by logical deduction.

### Characteristic symptoms - Adolph Lippe

In many cases, the characteristic symptoms will consist in the result obtained by deducting all the symptoms generally pertaining to the disease with which the patient suffers, from those elicited by a thorough examination of the case. The characteristic symptoms are the symptoms peculiar to the individual patient, rather than the symptoms common to the disease.

### Characteristic symptoms - Carroll Dunham

...those peculiarities of each drug which are not met with in any other, and which therefore serve to individualize and give character to the drug that produces them and which are called its "characteristic symptoms." A characteristic symptom must mean one which is possessed by none other than the individual drug of which it is predicated, and to which therefore it gives character as an individual.

### Advantages of Homoeopathy

Garth Boericke in his book Homoeopathy, counts on individualisation and the totality of symptoms among the major advantages of Homoeopathy.

### Disease classification – Stuart Close

In formulating his "Theory of the Chronic Miasms," Hahnemann did for pathology what he had already done for therapeutics: he reduced a great mass of unsystematized data to order by making a classification based upon general principles. This classification of the phenomena of disease led to **the broadest generalization in pathology and etiology that has ever been made**, and greatly simplified and elucidated the whole subject.

### Disease classification - Roberts

In order to establish a logical basis for the recognition of disease conditions, and their origin and relationship, it was necessary to make many close observations of the then known diseases, and then proceed to deductions and proper classifications. Hahnemann set himself to this task, bringing his logical, scientific mind to bear on the situation, and he made **the first classification of diseases that had ever been attempted**.

***On the choice of a family Physician***

The following are the guidelines given by Hahnemann in reply to friend's letter, can in a sense be considered as Hahnemann's ideals of a perfect physician.

- some plain man of sound sense
- Who takes great pains to ascertain the truth of all he hears and says
- Who knows how to give clear & condensed information about everything that belongs to his art
- Never obtrudes his opinion unasked or at an improper time
- some plain man of sound sense
- Who takes great pains to ascertain the truth of all he hears and says
- Who is no stranger to everything else important for man as a citizen of the world to know
- One who does not shew temper nor get angry, except when he beholds injustice
- Who never turns away unmoved from any except flatterers
- Who has but few friends but these men of sterling principle
- Who listens attentively to the complaints of those who seek his aid
- Does not pronounce an opinion without mature reflection
- Who prescribes but few, generally single medicines in their natural state
- Who keeps out of the way until he is sought for
- Who is not silent respecting the merits of his colleagues, but does not praise himself
- A friend to order, quiet and beneficence
- How he behaves to the poor & occupies himself at home unseen with some useful work

***Conclusion***

The introduction of holistic concept in medicine by our master, proves to be the dawn of scientific awakening and enlightenment evident from the current medical practice reverting from boundless super specialties back to general medicine.

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