

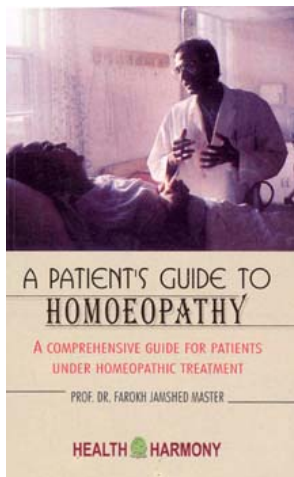
# Farokh J. Master

## A patients guide to homoeopathy

Leseprobe

[A patients guide to homoeopathy](#)

von [Farokh J. Master](#)



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## SOME MYTHS

The dictionary defines myth as a belief given uncritical acceptance by the members of a group, especially in support of existing or traditional practices and institutions.

The mythology of homoeopathy includes such "facts" as, that :

(a) Homoeopathy is slow-acting :

There is unfortunately, a false impression that homoeopathy is slow-acting. The reason for this impression may be firstly, that usually it is the long lasting chronic illnesses, some of them considered incurable, that gravitate to the homoeopath and naturally these will take sometime to be relieved or cured; secondly as our respected colleague Dr. Jugal Kishore points out, much of the time taken up in relieving a patient is actually spent in spotting the correct remedy and setting in motion the process of cure. Due to various limitations such as the lack of observation or poor expression on the part of the patient, the incompleteness of the materia medica, lack of positive rules for remedy and potency selection etc., the average homoeopath is often unable to pick out the similimum at the very first stroke or quite early. Eventually, when he lays his hand on it and administers it, the results are generally quick, often immediate, sometimes instantaneous. So, very often the time is taken not by the similimum (i.e. the correct remedy) to relieve or cure but by the prescriber to find this similimum—The patient is naturally unaware of this fact and assumes that the whole process is one of curing, which he finds rather slow or long drawn out. For your illustration I quote a case from my record. When I was working as a houseman a child aged 13 months was brought to me with the following complaints : i) Loose—watery motions since one week, ii) Vomiting as soon as water or food is offered.

The child had already been given<sup>t</sup> Intravenous glucose and saline with antibiotics but without any relief.

## WHAT HOMOEOPATHY IS AND IS NOT

1. Homoeopathy is not new. Hippocrates, Galen, Holler, Stork and many other great teachers in medicine, were familiar with the homoeopathic law of cure, but it was not until just over 180 years ago that Dr. Samuel Hahnemann (physician and scientist) first recognised its full value and made its application general.
2. Homoeopathy stands on the solid rock of fact, unlike the succession of drugs constantly hailed as wonderful advances only to drop out of sight, if not memory, in a short time, only too often leaving behind a trail of human misery as a legacy of their brief existence. Homoeopathy has been tested daily for more than a century and a half and appreciation of its beneficent results by intelligent people in every community is stronger today than ever before.
3. Homoeopathy is not a complicated proposition beyond the comprehension of thinking people. It rests upon a simple, demonstrable law of nature that pure medicine in small and gentle doses, accurately selected to fit the patient's requirements, will set that patient on the road to recovery.
- 4.- Homoeopathy is not guesswork nor a fine spun theory. Each one of the hundreds of medicines employed by homoeopaths has been proved or tested upon the healthy human organism, showing what organs, functions or structures it affects. Mark that these experiments were not made upon cats, dogs or guinea pigs, but upon hundreds of earnest men and women volunteers, who subjected themselves to pain and inconvenience for the purpose of helping the sick. This has given us absolute knowledge of our medicines and their curative virtues.
5. Homoeopathy does not seek merely to palliate or to suppress pain. It goes to the root of the trouble, and

Eggs	Permitted, avoid fried eggs.
Milk or milk products	Permitted only as skimmed milk or its products.

figs, papaya, bananas, mangoes, grapefruits and oranges. All green and leafy vegetables especially spinach, and french beans, tomatoes, celery help move the bowels. Cabbage, cauliflower, lettuce and carrots also have the same property.

Whole grain cereals, bran, honey and molasses have a laxative effect. Milk products in the form of butter, ghee, cream, whey, oils especially olive oil. Those who are constipated are advised to take hot water, preferably 1/2 to 1 hour before eating or 3 to 4 hours after each meal. And water kept over night in a copper vessel and two or three glasses taken on rising is supposed to help the bowel movements together with laxative diet.

Those foods which constipate are : white flour products, bread, cakes, pastries, biscuits, cheese, fleshy foods, and hard boiled eggs.

### DIARRHOEA

The term "diarrhoea" indicates frequent elimination of watery or unformed stools. It may be acute or chronic.

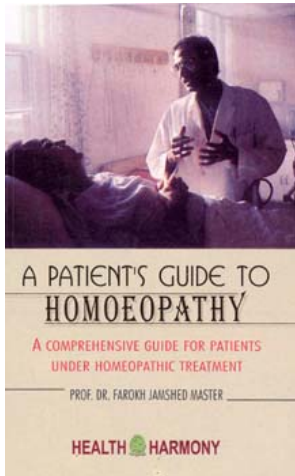
#### Acute Diarrhoea

Generally there is a sudden onset; diarrhoea may last for 3-4 days. They may be associated with nausea, vomiting, abdominal cramps, tenesmus.

#### Management

1. Rest in bed is essential.
2. No food for first 24 hours; as much fluid as desired by the patient is allowed. The amount of composition of such fluid should be 20-40 ml/kg. over 12 hours in children, 750-1000 ml/hours for adults.

Weak tea, fruit juice, arrow root kanji, etc. may be permitted in small amounts after vomiting has subsided. Once



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