

# Ajit Singh Barn

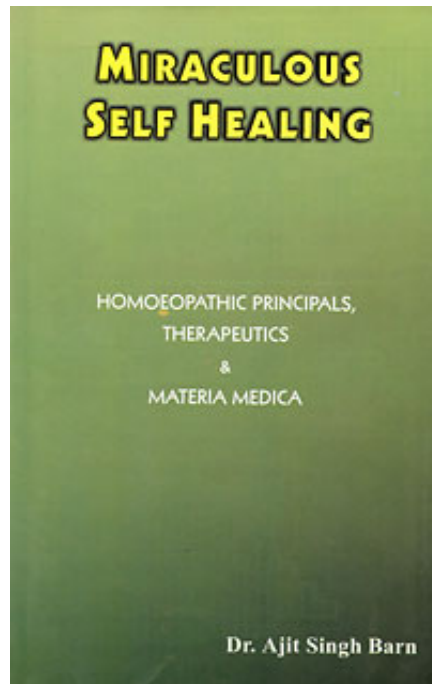
## Miraculous Self Healing: Homoeopathic Principals, Therapeutics & Materia Medica

Leseprobe

[Miraculous Self Healing: Homoeopathic Principals, Therapeutics & Materia Medica](#)

von [Ajit Singh Barn](#)

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## FOREWORD

The desire to heal the sick and the suffering is one of the fundamental instincts of mankind. There are, however, a few who are blessed with the art of healing. To them medicine is not a Profession. It is a calling. One who feels the call is a do-gooder and a man of God.

It gives me immense pleasure to write a foreword to this unique treatise, in which Dr. Ajit Singh Barn, a retired Class One Officer, has put in his experience, his heart, sole, intellect and hard labor. He has embodied new trails, and vistas, which are simple, short and yet easier to understand and grasp by one and all, with a view to choose one's own medicine to ward off day-to-day ailments or emergencies.

In his young age Dr. Singh was very much impressed by the magic effect of a Homoeopathic dose, administered to him by late, Rai Bahadur, Dr. Bishambar Dass and committed himself to study and propagate this miraculous science. It is over 5 decades that he is associated with Vishambar Free Homoeo Dispensary, 1 Pant Marg, New Delhi, where, over 300 patients find succour daily. Inspired by the urge to serve the suffering humanity still further he has undertaken the benevolent and humanitarian work, to run another Free Homoeo Dispensary at Nam Dev Mandir, Lodhi Road, New Delhi, as Honorary Physician, from 1 June 1981 after his retirement from Govt service

I am sure, that the simple and straight-forward style of the book will be found very useful by the students, profession, as well as all the lovers of Homoeopathic science and it will find a place of pride on the shelves of Homoeopathic libraries.

Sd/-  
Dr S.P.S.. Bakshi D.H.M.S.  
President  
Central Council of Homoeopathy,  
Ministry of Health & Family Welfare,  
Government of India.

## **A FEW WORDS ABOUT THE AUTHOR**

Dr. Ajit Singh Barn, comes from a prominent family from a village in un-divided Punjab. He was a Matriculate when he joined Govt Service, as a clerk in July 1941. He attained Graduation by passing four examinations, just in fourteen months and finally passed M. A. (Political Science) examination by joining Camp College (Evening Class) Punjab University. He is an embodiment of determination, devotion with strong moral foundation and has been a source of inspiration to others. During Govt service his sincere hard work, diligence; devotion to duty and meritorious work, earned him accelerated (out of turn) promotion at every stage, up to Under Secretary level. He has been rendering service as honorary physician, at Vishambar Free Homoeo Dispensary, 1 Pant Marg, New Delhi for over five decades. He took up honorary assignment of physician at Kanwal Kishore Rakhra Charitable Trust Dispensary, Nam Dev Mission, Lodhi Road, New Delhi, in June 1981, immediately after his retirement from Govt service. He is an educationist, a man of letters, with an admirable personality. He devotes his entire time and energy for Homoeopathy. His gentle, tactful, persuasive manner and strong dedication to serve the humanity, is what sets him apart. He has handled very complicated cases and has cured many patients of appendicitis, Ascites, Apoplexy, Azoospermia, Baldness, Brain fag, Calculus renal, Cysts, Dwarfism, Fibroid growths and tumors, Gangrene, Glandular swelling, Goiter, Hemorrhages, Hemorrhoids, Hysteria, Insanity, Insomnia, Leucorrhoea, Loss of memory, Myopia, Muscular atrophy, Oedema, Parkinson's disease, Pneumonia, Rickets, Septicemia, spondylitis, Sterility, Stammering, Warts and so on.

I have, no intention to under-rate other systems of medication, but I feel that there is a spirit of change and undoubtedly the Homoeopathic way of treatment is now being appreciated and acclaimed all over the world as an alternative medicine. Even Maharaja Ranjit Singh (Sher-e-Punjab) used this system of medicine. This system was very popular even, in those days. It is particularly suited to Indian conditions, because of its simplicity and it's being within easy reach of common man, with no side effects. I am sure, rather confident that the hard labor under-taken by Dr. Ajit Singh, at his ripe age, for compiling this monumental work, containing essence of his practical experience of over 50 years, will serve good purpose and will meet with a cordial welcome from the profession, practitioners, as well as the students.

**INDERJIT SAGAR**

Chairman Board of Trustees, Namdev Mission Trust, 16,  
Institution Area, Lodhi Road, N. Delhi.

## PREFACE

I had brought out the first edition of the Homoeo Home Guide in January 1984, after my retirement from Govt. service and circulated it free of cost to all and sundry for their benefit. I am extremely happy and feel rewarded that my endeavor had been appreciated and on its persistent demand three further editions of this primer were printed and distributed. I have been persuaded by my friends to reprint my book in a revised shape, incorporating the result of my long study and experience of over five decades. So in this treatise I have tried to elaborate the principles of Homoeopathy, selection of remedies keeping in view the constitution, correct potency, repetition of doses, aggravations, if any, how to take the case, examination of the patient, preparation of various potencies, principles of diet and guidelines for the patients and their attendants. In addition I have dealt with some common ailments such as hypertension, diabetes, skin diseases and so on under separate headings. I have also felt that my mission of providing guidelines will not be complete unless synopsis of Materia Medica bringing out the important key notes, general characteristics, particularly the genius of some of the most important drugs are not incorporated, along with individualistic symptom syndrome of the diseases, so as to make the book self-sufficient for the beginners. The selection of material has essentially been based on my personal experience and day-to-day application for over 50 years. Effort has also been made by me to give definition, etiology, and symptoms of some of the diseases, according to my own assessment. The book has been divided into three parts, containing introduction (prologue), Therapeutics and third the Materia Medica (i.e. three into one).

Keeping in view the brevity, condensation and easy understanding by the beginners, I have restricted my choice of medicines, which have been used, in my day-to-day practice. I am afraid the synopsis may appear fragmentary, rudimentary and incomplete. Even the use of vowels has invariably been omitted. In the absence of vowels, the text is likely to be full of grammatical mistakes. Nonetheless, I am sure, in spite of these shortcomings, my effort, will provide an instant help in the selection of the right medicine.

Truly speaking my objective in publishing this book has been two fold. Firstly, it is to commemorate the memory of the great master late, Rai Bahadur, Dr. Bishambar Dass, the greatest physician of his times; to whom I am ever grateful and indebted, more than any other person for my recovery from serious kind of conjunctivitis, with a single dose, which had defied all treatments and I was saved of tendering my resignation from Govt service. No wonder, on this day an urge to dedicate my time and energies for the study

and propagation of Homoeopathy, this miraculous science was instilled in me. Secondly, he was the first to arouse in me the importance of following Dr. Hahnemann's principles. I have the proud privilege of being associated with him for over two decades till his sad demise on 12 July 1965 for eternal bliss. He taught me, with paternal care, the art of Homoeopathic treatment. Incidentally I may mention that late Dr. Babu Rao Patel, editor of 'Film India' visited Vishambar Free Homeo Dispensary on 31st December 1959 and described his observations as "MIRACLE A MINUTE" in his article in Film India issue of February 1959. During his visit, I was at the Prescription table, prescribing the medicines for the patients..

It may also be of interest to mention that late Rai Bahaddur Dr Bishambar Dass had brought out a book ."Select your remedy" in the year 1958 incorporating the gist of his long experience and practice. The popularity of this monumental work is evidenced by the worldwide appreciation it has received from medical students and the profession. As this book had not been revised for about 10 years, the Trustees of the Vishambar Free Homoeopathic Dispensary felt that the book needed a thorough revision with a view to updating it. Re-arrangement of Chapters and Sections was also considered essential to ensure better grasp and understanding by readers. This onerous responsibility was entrusted to me and this voluminous task was finalized by me after my retirement from Govt service in May 1984, and the revised and enlarged edition of this book, with new additions, and chapters, was printed in January 1986.

Right from my young age of 20 years, I have tried to delve deeply into the Science of Homoeopathy. Since the day of Hahnemann the bulk of Materia Medica has increased enormously. Homoeopathic literature has become very vast, like a great mountain, with steep and intricate path, whose ascent is dangerous and looks terrifying to the beginner, as has been the case with me. In the first few years of my study, most of the medicines rather each of the medicine in the Materia Medica looked alike and appeared to be suitable and appropriate for every ailment. Let me quote from the saying of the Masters of Homoeopathy "Homoeopathy is a difficult science to master. It requires long years of deep study; it requires deep thinking and long experience. It will repay amply, all that you put into it and will give you, your reward, in human being restored to comfort and health. In nut shall, Art is difficult, un-ending, but results are wonderful, and miraculous, showering fame and laurels. However, it all depends upon one's own aptitude, capacity for study, concentration and observation. I am also reminded of the saying of Kipling, "There is something hidden, go and find it. Go and look it behind the Ranges.'

It is the duty of every practicing physician to make public the

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knowledge and experience, which he has acquired. So in compiling this work my aim has been to put the work of great seers into a digestible and sweet pudding so that all and sundry may partake in the feast they have provided to the humanity by their scientific discovery of Homoeopathy. The Masters have built for us, such a veritable temple of learning and have bequeathed to humanity a science - so unique and ordered, so simple and accessible, - and so practical that, in words of Dr Tyler, "... the way fare men, though fools, may not err therein."

In this book I have endeavored to show the path to the beginners who have love for Homoeopathy and have a great desire to help the sick and suffering humanity. It is the glory of Homoeopathy that it permits every one to follow his own genius without fettering him to any man's dictum. Every practitioner creates his own system from his own experience and such experience of others, as he is able to digest and make it his own. The remedies do their work whether a Master or any of his disciples gives them. The Homoeopathic principles remain the same and at the same time Homoeopathy is capable of development. I may again stress that Homoeopathy may not be viewed as a profession like other professions. It is a calling. It is like religion. No one can be a true priest unless he feels the call.

I am very much conscious of my shortcomings and imperfections contained in this book. Some of my learned friends may not subscribe to my views. More so, it is also not expected to cover all cases of illness. Nevertheless, I will be extremely happy and feel compensated, if my humble effort is cherished with a cordial welcome, by lovers of Homoeopathic science and some of the readers are in a position to prevent minor ailments and small injuries from becoming serious emergencies in these days of easy accidents and lop-sided diseases. Right from the beginning my mission has been "Homoeopathy for every one."

I have drawn freely from many Homoeopathic books and medical journals in the compilation of this work and I acknowledge the debt and gratitude, which, I owe to the great Seers, Masters and the authors. The observations made by Dr. Dharam Pal, M.B.B.S., M.D.. Formerly Head of Skin Deptt., Safdarjung & Wellington (RML) Hospitals, New Delhi, have also been incorporated. I am also thankful to Shri S.P.Singh, my colleague, who has checked the proof for typographical errors.

It would not be out of place to mention about the sustained and unstinted help, inspiration and assistance rendered throughout to me in the entire process of conceptualization, compilation and editing of this work by my son, Gurmel Singh, Deputy Secretary in the Ministry of Home Affairs,

Government of India. But for this, I am afraid all this effort might not have seen light of the day.

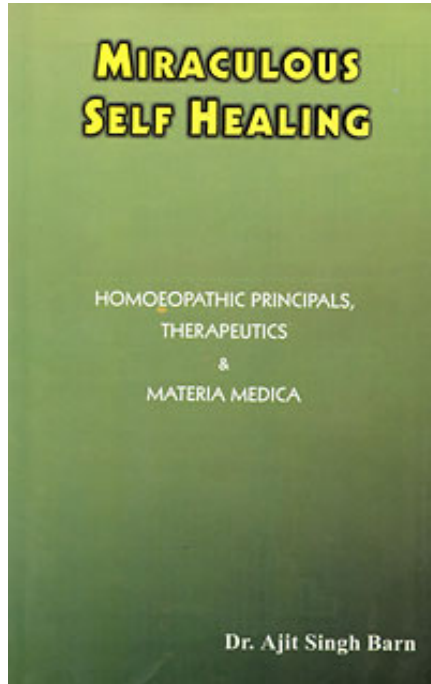
Suggestions for improvements, if any, are solicited and will be most welcome.

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June 2003

**Honorary Physician:**

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2. Vishambar Free Homoeo Dispensary,  
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