

Holoeopathy and Health Promotion

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Abstract-

In a healthy body, the vital force stimulates the material body, and when a sickness develops, it disrupts this harmonic link. Promoting health may help avoid diseases. Tourmaster Hahnemann, Kent, and others have long held the belief that homoeopathy has several positive effects on health and illness prevention.

Key Word- Homoeopathy, Health, Promotion, Prevention, Prophylaxis.

INTRODUCTION

Applied to "healthy people in big population for prevention of disease and promotion of health," it is the medical specialty. Hippocrates said that in order to treat patients properly, doctors needed to know their patients' constitutions, individual health histories, and how lifestyle factors like diet and exercise affected their patients' conditions. He also believed that disease was a natural process, not the product of possession, supernatural forces, or divine punishment.

Birth of Preventive Medicine It was developed in 18th century1) (1716-1794) – James Lind advocated fruits and vegetarian intake for scurvy prevention.

2) (1749-1823) – Edward Jenner discovered vaccination against smallpox.

According to modern health concept, modern preventive medicine has been defined as, “ the art and science of health promotion, disease prevention, disability limitation and rehabilitation.it is a kind of anticipatory medicine.”

Promotion of Health:

It means enabling people to increase control over and to improve health.

Different approaches in health promotion

1. Health education; require little or no medical intervention.
2. Environmental modification; like sanitation, water purification, roads and housing.
3. Lifestyle and behavioral changes.

4. Role of homoeopathy in healthpromotion / prevention

A person's mental, bodily, and emotional health are all interconnected in homoeopathy. In a healthy state, the material body and the vital force work in perfect harmony; when illness occurs, this balance is disrupted.

From the time of Hahnemann, who treated scarlet fever with belladonna, homoeopathy has been used to treat epidemic illnesses. The other methods used in homoeopathy include isopathy, genus epidemicus, combination treatments, and individualization.

Two dosages of cinchona bark are enough to cure endemic disorders like intermittent fever in people who are healthy and consume a diet rich in marshy areas. When it comes to physical activity and good health, however, systems that aren't used to swampy areas need antipsoric medication and a few tiny dosages of cinchona bark.

1. Prompt treatment of common childhood disorders is the best approach to safeguard children from these diseases, according to the Constitution.
2. Medications that work on infants via their mothers' milk, such as antipsoric sulfur, are very useful in preventing psora and other chronic disorders.

Homoeopathic Prophylaxis for Covid- 19 Epidemic

Arsenic album and gelsemium used as a prophylaxis.

Antimonium tart as a genus epidemicus in covid-19 epidemic. It was decided to develop reasoning based on respiratory symptoms.

Specific nosodes in prevention diseases

1. Morbillinum- measles
2. Variolinum- small pox
3. Oscillococcinum- influenza
4. Parotidium- mumps
5. Ledum pal, arnica- tetanus
6. Influenzium- influenza
7. Diptherium- diptheria
8. Pertussin – whooping cough
9. Glonine – sunstroke
10. Psorinum- recurrent sore throat
11. abortion ;
 - a. 2 months- kali carb
 - b. 3 months- sabina
 - c. 7 months- sepia
12. Camphor, Cuprum met- cholera

Viewpoint of Different Stalwarts onHealth Promotion and Homoeopathy According to Dr. Samuel Hahnemann -(Organon of Medicine)

Aphorism 4- He is likewise the preserver of health if he knows the things that derange

health and cause disease and how to remove them from person in health.

Aphorism 150- If a patient complain of trivial symptoms that only observed short time previously, then this should not regard as fully developed disease that require serious medical aid. A slight alteration in diet and regimen usually suffice to dispel such an indisposition.

According to Dr. H.A. Roberts

According to him, the man is not greater than mass and that as long as intelligent thinking people realize and prize their individuality, the individual approach will hold an appeal to them. Instead Homoeopathy offers gentle way towards health of entire individual.

Public health service, ideally has to do with Prevention of diseases in the community in guarding food and water supplies, in providing facilities and restrictions for adequate healthy housing conditions and in attending proper disposal of waste matter, so that the Health of Community will be guarded against epidemics borne by impure water, milk or other food supplies or borne insanitary or unhygienic conditions

Another thing about Public Health Service is increasing use of serums and vaccines, but homoeopathic medicines have to do with cure of disease, building up of individual. Life exist in three parts; the Body, the Mind and the Spirit; Trinity of Life; always present in all life and every part of organism. Psora is Deficiency in proper balanced essentials; this have functional disturbance with many sensations. It is stated repeatedly that emotional strain was an important factor in developing Psoric deficiency condition. Hustle and bustle take away rhythmic, deep breathing; anxiety over almost every item of our lives gets in dangerous work and often deprives necessary rest. All this circumstances pressing upon delicate adjustment of spirit, mind, body.

According to Dr. J.T. Kent

According to him, prior to the disease is sick. Man is his will and understanding and the house which he lives in is the body. Thus implying that the treatment is needed before disease commences and it is the will and understanding, which means a person's mental state, that mainly plays the role in keeping an individual healthy or diseased.

He says among the earliest things he must learn to keep everything in its place, to keep everything in order and further ads about hygiene and breaking off one's bad habits which can prevent many ailments. He also adds that "to prevent coffee drinking, vinegar drinking etc. is a superficial thing; but in this way he may preserve health". He quotes "If a man is evil in his very interiors, i.e. in his will and understanding, the result of this evil flows into his life, and he is in a state of disorder."

Dr. Kent has also stated that the interior of man forms the exterior. About indisposition

he says that indisposition from external cause mimic the miasms and removal of these external causes likely to restore the patient to health. Business failures, depressing tribulations, unrequited affection producing suffering in young girl, are apparent cause of disease, but in reality they are only exciting cause of indisposition. He also points to the fact that during an epidemic there are many people that escape the epidemic which is because of their state of good health.

According to Dr. Stuart Close

According to him, “The best protection against contagion is good health.

Contribution of Repertory in Prophylactics – (Oscar E Boericke)

- Cholera: Ars; Cup.ac; Ver.a
- Erysipelas: Graph(30)
- Hydrophobia: Bell; Canth; Hyos; Stam
- Pus infection: Arn
- Variola: Ant.T; Hydr; Kali Cy; Malandr; Thuja; Vccin; Variol

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