

Research Review of Genus Epidemicus

Partha Pratim Pal¹, Gouri Ningthoujam²

¹Research Officer / Scientist - 1, Regional Research Institute for Homoeopathy, Tripura under Central Council for Research in Homoeopathy, Central Council for Research in Homoeopathy, New Delhi – Ministry of AYUSH, Government of India.

²Research Scientist, Regional Research Institute for Homoeopathy, Tripura under Central Council for Research in Homoeopathy, Central Council for Research in Homoeopathy, New Delhi – Ministry of AYUSH, Government of India.

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Correspondence should be addressed to justdoit.partha@gmail.com

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Abstract Method for finding specific homoeoprophylaxis is based on the genus epidemicus remedies. These are specific remedies targeted against a definite infectious disease. They are selected by group anamnesis. There are several studies published in the literature on the use of homeopathic medicines as genus epidemicus for both preventive and curative purposes. In this paper an attempt has been to highlight certain evidence based specific prophylaxis.

Keywords *Evidence-based review; Genus epidemicus; Homoeopathy*

1. Introduction

The word epidemic has been derived from the word 'epidemeion' a word used by Hippocrates when describing a disease that was 'visiting the people' which means general (Woodward, 2014). A disease acquires the form of an epidemic when it is caused by the same infectious agent and affects large number of people in particular region at a given period of time (Kirch, 2008). Therefore, it should be prevented in persons at risk and to be cured in patients who are already affected. Genus epidemicus is the term coined by Dr. Hahnemann, which denotes the homoeopathic (specific) remedy that is similar to the totality of symptoms found in majority of patients suffering in an epidemic disease and which if given to the patient before the onset of the disease it prevents the occurrence, or when given during the disease it cures the patient (Mathur, 2008). However, each epidemic has its own selfsame character that is common to all of the individuals who are taken ill. If the character of the epidemic disease is discovered according to the symptom complex common to all the patients, this will point to the homeopathically fitting (specific) remedy for the totality of the cases (Hahnemann, 2010). Hahnemann also recognized the distinctive nature of each occurrence of an epidemic. He added that no epidemic disease should be considered identical as the previous one and to be treated in the same way, since all of them that broke out at different times and were different from each other and it was perceived by Sydenham as well (Hahnemann, 2010).

Finding out Genus Epidemicus

Dr. Hahnemann's technique of collecting symptoms and evaluating a group similimum for acute epidemics have been described in his Organon of Medicine in Aphorisms 100, 101 and 102 which helps to find out specific remedies (along with good diet and proper hygiene, etc.) for the treatment and prevention of acute and sub-acute diseases. The key of finding specific prophylactic is constructing a clear picture of the prevailing epidemic. He never used the phrase 'genus epidemicus' but in Aphorisms 102 (footnote), 147 and 241 of Organon of medicine he says about 'homoeopathic (specific) remedy' (Hahnemann, 2010). Kent also says that in an epidemic, one may find half-a-dozen remedies that are daily indicated and one of these remedies seems to be the best suited for prophylaxis and this may differ from the curative one (Kent, 2005).

Homoeoprophylaxis

The concept of Genus epidemicus comes into play in terms of Homoeoprophylaxis which also act as a curative remedy in some cases under consideration. Three approaches of homoeoprophylaxis may be used to select the remedy for prophylaxis of a prevailing epidemic - Constitutional Approach, Genus epidemicus remedies and Nosode Prophylaxis. Constitutional treatment is based on examination of the constitution, diathesis, temperament and predispositions of the patient to remove the susceptibility of being getting affected by infectious acute miasms. The chronic remedy provides the best general protection from all diseases and it removes the greatest number of predispositions. Genus epidemicus remedies and nosodes are used to provide specific prophylaxis. When epidemic diseases threaten the population, specific prophylactic remedies can be applied immediately. The selection of a genus epidemicus is as per the indications in totality of symptoms revealed after study of several cases in the epidemic and nosodes can only be used when the cause of the disease is known (Little, 1996-2007).

Genus Epidemicus and Hahnemann

Hahnemann describes the use of *Ignatia Amara* in the treatment of a continual and sporadic fever affecting children in January 1797. Two months later, a similar fever once again affected children but presented different characteristic symptoms and hence this time the healing remedy was *Opium*. And still the next month, *Camphora* was the remedy used in an epidemic of influenza, which aggravated by the use of *Opium* due to a different set of peculiar symptoms. With these examples, it can be understood that no epidemic is the same (Hahnemann, 1995).

Next was the case of scarlet fever in its initial phase of breaking out with the remedy *Belladonna*. This earned him fame throughout Europe from his exceptionally effective treatment of the epidemic that was sweeping Germany. Hahnemann published this in the pamphlet of Cure and Prevention of Scarlet Fever in 1801. At that time, he promoted *Belladonna* as a specific prophylactic remedy for Scarlatina and with each pamphlet sold, a vial of *Belladonna* prepared according to his technique at that time was offered (Bradford, 1895). *Aconite* proved to be the specific for a subsequent Scarlatina epidemic sweeping Germany between 1800 and 1808. In a paper entitled 'Observations on the Scarlet Fever', Hahnemann provided a careful description of the individualizing aspects of these two epidemics (Taylor, 2001). Hahnemann also describes the use of *Bryonia alba*, *Hyoscyamus niger* or *Rhus toxicodendron* as (prescribed single or in alternation) in the treatment of an epidemic of typhus in 1813 (Hahnemann, 1994).

In 1831 he also describes the use of *Camphora*, *Cuprum metallicum* and *Veratrum album* as genus epidemic for the prevention and treatment of epidemic of Asiatic cholera in the German area. He would favor *Cuprum* as prophylactic, *Camphora* for the treatment of the initial stages, and *Cuprum* or

Veratrum for the later stage (Hahnemann, 1995). Other Genus epidemicus recommended by Hahnemann were *Aconite napellus* for Purpura miliaris, *Camphora officinalis* for Asiatica cholera, *Merc cyanatus* for Diphtheria, *Pulsatilla* for measles (Mathur, 2008).

Genus Epidemicus and Others

Boenninghausen had excellent success in using *Thuja occidentalis* in the prophylactic treatment of Small-pox (von Boenninghausen, 2012). In 1902 smallpox epidemic occurred in Iowa. Dr. Eaton treated 2806 patients with *Variolinum*. Only 14 developed the disease out of 547 patients who were exposed (Hoover, 2003). Hering was the first to consider the use of nosodes. 50 years before Pasteur became famous for using Rabies vaccine and now Hering suggested the use of *Lyssinum* (Feder, 2017). However, as also other followers of Hahnemann (Timothy F. Allen, John H. Clarke, James T. Kent, etc.) who had also mentioned the possibility of using biotherapeutics as prophylactics, he never incorporated isopathy in his actual clinical practice (Dodgeon, 2002). Dr. J.H. Clarke strongly recommended *Pertussin* in Whooping cough (Sethi, 2006). Dr. S.R. Wadia – He found *Parotidinum* a most useful prophylactic against Mumps (Srinivasan, 1995).

In, 1830 and 1831 in a Cholera epidemic in Vienna, out of 1270 patients treated with homeopathy only 108 died, whereas allopathic mortality rate was 60-70% (Zee, 2009). Homeopathy was also used in the 1854 epidemic in London once again with significant reduction of mortality rates (Leary, 1997). In 1854-55, in Cholera epidemic Dr. Rubini treated 225 cases in Alberge and 166 soldiers of a Swiss regiment without a single case of death (Shepherd, 1996). In 1846, during another cholera epidemic, Boenninghausen suggested to use *Camphora* as single epidemic genius remedy for the treatment of affected patients (Boenninghausen, 2005). Kent describes the treatment of some cases of an epidemic of childhood diarrhea with *Podophyllum 30C* (Kent, 2005). Moreover, a meta-analysis of 3 Randomized controlled trial (RCT) of homeopathy in epidemics of childhood diarrhea showed that individualized homeopathic treatment was significantly more efficacy than placebo (Jacobs et al., 2003). A severe epidemic of diphtheria was successfully treated with individualized homeopathy in New York with 84% mortality rate for conventional treatment and 16% for homeopathy (Teixeira, 2009).

In 1918, Spanish Flu pandemic infected 20% of the world population and killed about 30 million people. Homeopaths treated 6602 cases with 55 deaths which is less than 1% and of 24,000 cases treated allopathically with mortality rate 28.2%. *Gelsemium sempervirens* was the common remedy used during the epidemic (*Bryonia alba*, *Arsenic album*, *Baptisia* and *Eupatorium perfoliatum* were used occasionally) (British Homeopathic Society, 1998). Dr. Grimmer stated that over 30,000 individuals received *Lathyrus sativa* successfully to prevent Polio and no one had any side effect (Little, 1996-2007). In 1974 epidemic meningitis occurred in Brazil in which 18,640 children were given Meningococcinum prophylaxis. 4 cases only developed meningitis in comparison to 34 cases out of 6340 children who didn't receive the nosode (Castro and Nogueira, 1975).

In another epidemic of keratoconjunctivitis in Cuba in 1995, 108 patients were distributed in a randomly into homeopathic and conventional treatment groups, the former using *Pulsatilla nigricans 6C* as homeopathic medicine as genus epidemicus. Homeopathic treatment was found to be significantly more effective than the conventional one in initiating improving of symptoms in less than 72 hours (Teixeira, 2009). Recently a cluster-randomized double-blind, placebo-controlled trial was conducted in Kerala, India for prevention of Chikungunya during an epidemic outbreak in 2007. *Bryonia alba 30C* as genus epidemicus proved better than placebo in decreasing the incidence of chikungunya in Kerala (Nair et al., 2014). Since 1990 Japanese Encephalitis became an uncontrollable problem in India (especially Andhra Pradesh). Owing to doubtful efficacy of the existing vaccine the government chooses to adopt homeopathic prophylactics (consisting of *Belladonna*,

Calc carb and *Tuberculinum* separately administered in specific days at particular intervals). After its commencement in 1999 and till 2004, there appeared a drastic reduction in morbidity and mortality (Golden, 2016).

Not necessarily every trial produced a positive result. For example, A systematic review of 3 RCTs (n=2,265) on the use of *Oscilococcinum* as “specific preventive” against flulike syndromes symptoms, showed no significant effect when compared to placebo (Baker, 1920). Furthermore, during an epidemic of conjunctivitis in Pittsburgh, an RCT was carried out to assess the efficacy of *Euphrasia officinalis 30C*. Treatment group included 658 schoolchildren who took the homeopathic remedy during 3 consecutive days. Control group was composed by 648 schoolchildren who took placebo with the same dosage system. There was no statistically significant difference in the incidence and severity of the disease between both groups (Mokkapatti, 1992).

2. Conclusion

Individualized therapeutic homoeopathic approach can add efficacy, efficiency and safety for the medicinal management of an epidemic in society with both preventive and healing actions, with minimum side-effects and at a low cost.

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Review Article

Review of Repertory of the Symptoms of Diseases of the Respiratory Organs by F. H. Lutze

Dr. Ashutosh Kumar

B.H.M.S. M.D. (Hom) Lect., Department of Anatomy, R.B.T.S. Government Homoeopathic Medical College and Hospital, Muzaffarpur, Bihar, India

Correspondence should be addressed to Dr. Ashutosh Kumar, drashutosh786@gmail.com

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Abstract This Repertory symptom of the disease of the respiratory organs is very helpful for beginner and for experienced physician in the practice of homoeopathy. It is significant in the treatment of ordinary colds and coughs, too often the precursors of the graver diseases, especially when not properly treated. It's very helpful to the selection of other medicines or remedy for graver diseases. Add on this is that few special hints also prescribed in some of the remedies for accurate cure.

Keywords *Cold and Cough; Respiratory; F. H. Lutze; Graver disease; Homoeopathic medicine*

1. Introduction

Frederick H. Lutze exemplify the Use of the Repertory in as simplest way with trust that it will be found very helpful not only to the abecedarian in the practice of homoeopathy, but to the dexterous physician as well, and also reaffirm to be the means of saving the lives of numerous patients, juvenescent and old, so that they may continue to live in surpassing health and happiness to a well-rounded- out old age.

About the Author

Frederick H. Lutze was born in Bevergern, Germany, August 19, 1838, He entered the town school in 1844, and studied under private receptors from 1849 to 1852. He entered the college (gymnasium) in Munster, Westphalen, September, 1852, and continued there until 1858. He studied for his profession in the New York Homeopathic Medical College and Hospital, entering in 1879 and receiving his degree in 1882. In September, 1882, he engaged in the practice of medicine in Brooklyn, and from 1884 to 1891 practiced on Lake Canandaigua (academy). In 1891 returned to Brooklyn, where he has since lived.

He is author of "The Therapeutics of Facial and Sciatic Neuralgias," published by Boericke & Tafel, 1898.

Summary

In this edition of Dr. Frederick H. Lutze Repertory contains the symptoms pertaining of diseases of the Respiratory Organs. It is meant to be used especially to help the beginner in homeopathy to cure cases in easy manner. It includes not only the treatment of pneumonia, but of bronchitis, pleuritis, phthisis and tuberculosis as well, and will also be found very helpful in the treatment of ordinary colds and coughs, too often the precursors of the graver diseases, especially when not properly treated.

The Repertory is preceded by a few special hints in prescribing some of the remedies, from masters in homoeopathy. Then follows:

- I. Repertory of General Symptoms.
- II. Repertory of Coughs.
- III. Repertory of Expectorations.
- IV. Repertory of General Aggravations and Ameliorations.
- V. Clinical Cases.

Abbreviations

129 numbers of abbreviations has been used throughout in this repertory such as:-

ABROT - ABROTANUM
 BAD - BADIAGA
 CACT. - CACTUS GRANDIFLORUS
 DIGIT. - DIGITALIS
 EUPH. - EUPHRASIA
 FERR. - FERRUM METALLICUM
 GELS. - GELSEMIUM
 HAM. - HAMAMELIS VIRGINICA
 IGN. - IGNATIA AMARA
 KALI ARS. - KALI ARSENICOSUM
 LACH. - LACHESIS
 MAG.C. - MAGNESIUM CARBONICUM
 NATRA. M. - NATRUM MURIATICUM
 OP - OPIUM
 PETROL - PETROLEUM
 RAN. B. - RANUNCULUS BULBOSUS

The Chapters as Follows

- i. Preface
- ii. Remedies and their abbreviations
- iii. Special Hints
- iv. Euthanasia

Repertory (Further divided into 6 Chapters)

1. General symptoms
2. Coughs
3. Expectorations
4. General aggravations

5. General ameliorations
6. Clinical cases

In order to illustrate the use of this Repertory, F. H. Lutze mentioned the following cases from his own practice:

Case 1

The first case was a girl, age 10 years, who was practically cured in one day by sanguinaria.

Symptoms: - Discoloration of the face, Circumscribed bright redness of the cheeks,

Case 2

The second case was a man, a t. 73 years, who was promptly cured by phosphorus.

Symptoms: - Dusky, Suffused redness of the face

2. Conclusion

The symptom of a disease of the respiratory organs is one of the useful repertoires; the book index is very good which enables even a novice to locate the symptom more readily. In this repertory anatomical parts of the thorax and a number of rubrics are given which help in the selection of remedy and given a number of medicines are helpful for the practitioners.

In spite of all these the Repertory are also some Limitations:

- Drugs are less in numbers
- Drugs Grading has not been done
- The abbreviations are different from the regular using repertoires

He is a member of the international Hahnemannian Association, American institute of Homeopathy N.Y State HOM. Med. society Kings co. Hom. Med. society; Brooklyn Hahnemannian union.

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Review Article

A Review on ‘Diseases of the Heart’ by Dr Edwin M. Hale

Amit Bikram Basu

Homoeopathic Medical Officer in West Bengal Homoeopathic Health Service, Govt. of West Bengal

Correspondence should be addressed to Amit Bikram Basu, amitbasu1979@gmail.com

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Abstract Diseases of the Heart by Dr Edwin M. Hale, M.D, is one of the book that at present not readily available. The present day increase in the cardiovascular complaints of the so called modern society, could have been combated, may be much more judiciously, had this book been readily available. No doubt, that when this book was published, the cardiac sciences, may not have developed upto the present modern level, but till it contains the therapeutic hints which if logically and judiciously applied to a particular case, could be effective too.

Keywords *Regional therapeutics or repertory; cardiac pathologies*

1. Introduction

Regional based homoeopathic therapeutics or repertory has got their own value. Being on the basis of a particular organ or disease, the information is quite descriptive, vivid, in respect to that particular organ or disease. The descriptive approach in regard to this type of homoeopathic literature, belonging to a particular system enhances the thought process of the physician and widens his angle of prescription. ‘Diseases of the Heart’ by Dr Edwin M. Hale is one of those literatures, where the homoeopathic fraternity must have a look to combat the various cardiac pathologies, where approach through similitum can produce a positive effect, in the present socio-economic condition.

2. About The Author

Dr Edwin M. Hale, M.D, of Chicago, was born in Newport and is the son of Dr. S. Hale. He is honorably descended from the Hales of Norfolk, England, a distinguished family. He graduated through the public schools, and became a printer and an associate editor of a newspaper in Newark. While in Newyark, had an attack of pneumonia, which required prompt treatment, he declined allopathic mode of treatment and placed himself under the charge of Dr Blair, the then only homoeopathic physician in Newyark, and one of the pioneers of that system of medicine in Ohio. The successful treatment of his case, made him decide against his father’s wishes to prosecute the study of homoeopathy. He took admission to the Cleveland Homoeopathic Medical College, at its first session and graduated from that celebrated institution with distinguished honor. In 1852, he settled in Jonesville, Michigan where he built up a successful practice. He became the associate editor of North American Journal of Homoeopathy and the American Observer. In 1860 he was invited, to hold the chair of material medica at Hanhemann Medical College, Chicago. One of the result of his lectures,

which have been compiled as, '**Diseases of the Heart**' at Hanhemann Medical College, Chicago. Besides he had other publications like New remedies, A Monograph of Gelsemium, A Treatise on 'Cerebro-spinal Meningitis and its Homoeopathic Treatment, A systemic treatise on abortion and sterility etc'.

3. Discussion

In between the era of Dr. Boenninghausen, Dr. Jahr, Dr. T.F. Allen and Dr. J.T. Kent there were almost a gap of thirty years when many regional therapeutics and repertories either in the name of disease like diarrhea, fever or organwise related to eye, tongue were published. This book related to diseases of the heart is one of them. It is rather a compilation of the lectures on **DISEASES OF THE HEART with a MATERIA MEDICA OF THE NEW HEART REMEDIES delivered by Dr. Hale** in the winter of 1870-71, before the class of Hanhemann Medical College, as a special course on diseases of the heart and their homoeopathic treatment. The author's satisfaction, as he felt after taking the class, with overwhelming response from the students, emboldened him to publish them. The book published, DISEASES OF THE HEART BY Dr Edwin M. Hale, M.D, was dedicated to Dr David S. Smith, M.D of Chicago, the first homoeopathic physician, who worked as the first president of Hanhemann Medical College of Chicago and also the first president of the Illinois State Homoeopathic Medical Society.

In the second edition, of the book, published in 1875 from Chicago, the author has added an appendix containing several papers on cardiac disorders, read before the Illinois State Homoeopathic Medical Society, with a copious index, which may be of value to the students and practitioner. As with etiology and diagnosis of diseases, of the heart, new or original writings of the then literature of standard authorities have been quoted. The author also said that the book depicted about the treatment procedure as promulgated by Dr Hanhemann. The therapeutics have been enlarged by addition of new remedies not recommended by other institutions. The author here also advised about the quantities and attenuations which had been most successful in his hands.

After, six years since the second edition of Dr Hale's Lectures on Diseases of the Heart, no doubt there have been some advances in cardiac pathology and therapeutics and thereby the author has thought best to enlarge the book and bring it upto the present status of healing art. The third edition contained 478 pages, containing essays on the various subjects connected with cardiac diseases, with results of author's latest studies and clinical experience. It contained a complete materia medica of all new cardiac medicaments. There have been a discovery and investigation of new drugs which have a special affinity for heart and circulatory system. Digitalis was the only standard heart remedy upto that time. Now other drugs are grouped as important- namely Adonis, Barium, Cereus, Convallaria, Cafeine, Oleandrine, Sparteine, Strophanths, Kola and others. Some of these remedies have been proved on men and animals and all have further substantiated their claims as valuable cardiac remedies by large clinical experience in both schools of medicine. In the presentation of these remedies the author has collected this experience, drawing from all sources and has also given his own views of their method of action and laid down the indications for their use, the dose etc. **Another valuable addition to this edition is a complete Repertory of Heart Symptoms, which has been prepared by Dr E R Snader, M.D, Lecturer on Physical Diagnosis in the Hahnemann College of Philadelphia**, and it will prove an invaluable aid to the practitioner in the treatment of those cardiac affections which require the perfect similimum in the remedy selected.

4. Construction

The book in its contents have been divided into six parts,

Part I, relates to the functional disorders of the heart with an introductory lecture, with the anatomy and physiology of the heart, heart circulation, heart sounds, with their abnormality, on the topic of angina pectoris etc.

Part II deals, with the inflammatory affections of the heart, like pericarditis, endocarditis, myocarditis.

Part III deals with organic diseases of the heart, like hypertrophy, lesion of the walls of the heart, valvular diseases of the heart.

Part IV, consists of materia medica with 18 drugs and their respective indications, for therapeutic application.

Part V, repertory of heart symptoms with various sections like mental symptoms, cardiac action and accompaniments, slow cardiac action and pulse, increased cardiac action and pulse, Ebullitions, orgasms etc, palpitation, sensations, pains, clinical symptoms. Each section has been modified by modalities and concomitants have been also added in some sections. **So Boenninghausenian concept of complete symptoms also prevails somewhat here.**

Part VI, relates to miscellaneous papers on subjects relating to disorders of the heart. And at last is the index giving hints with page no, about various conditions of heart and also medicines.

5. Case

1. A woman had rheumatic fever, with quick and hard heart action in the 2nd week and auscultation revealing roughness of the valves and some irregularity of action. The pulse was hard, but irregular. Convallaria 3d, 10 drops every hour, was given, and in twenty four hours the heart was greatly improved, and in forty eight hours its action was nearly normal.
2. Dr Hale once suffered from sciatica with disagreeable twisting, constrictive sensation in the muscles of the thigh. Cactus removed it, applied on the basis of the keynote 'sense of constriction'.

6. Conclusion

As time went on, this literature of homoeopathy has gradually been forgotten. With advancement of cardiac sciences, in this so called modern era, people are taking blood thinning agent, like aspirin group of drugs, antiplatelet aggregator like clopilet, anti-cholesterol drugs of statin group etc, to sustain from cardiac illness. Literature like **DISEASES OF THE HEART BY Dr Edwin M. Hale, M.D,** is a wonderful piece of work in its own senses, with various drugs given in relation different clinical conditions of the heart, which have been repeatedly verified with substantiated claim as valuable cardiac remedies. The author also says that in this book, treatment is in accordance with the doctrines promulgated by the Master. So, why not the homoeopathic fraternity take help of this valuable literature when we know that law of similia is eternal, it is not changeable, unlike the concept of conventional medicine, where **the' drug good for today becomes bad for tomorrow'**.

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