

Master / Fernandes

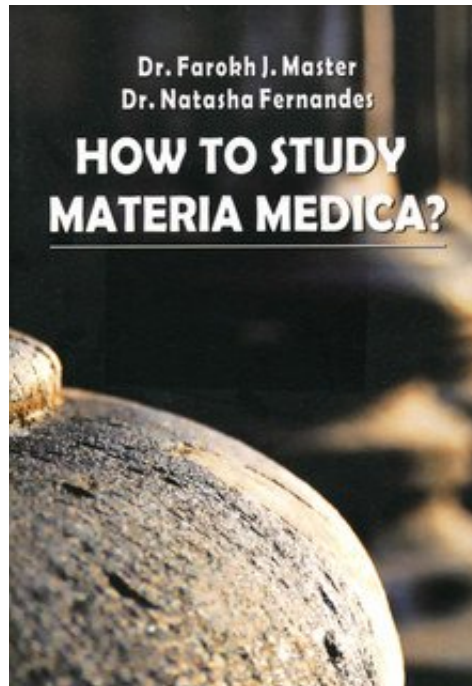
How to Study Materia Medica?

Reading excerpt

[How to Study Materia Medica?](#)

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The Most Useful Method of Learning Materia Medica

The essence of homoeopathy is individualization, with each drug having its own distinct personality. We have to get acquainted with different remedies in the Materia Medica and understand them as if they were our friends. Hence, the **first** step in learning Materia Medica is feeling the remedies.

The **second** step is to learn the mental symptoms of a drug, before the physical symptoms of the drug, as the mind is the most distinct and innermost part of a person. Unfortunately, our Materia Medica does not have fully developed mental aspects of drugs of most remedies.

The **third** step is to study the aggravations and ameliorations by meteorological conditions, motion, heat, jar, position, touch etc. The characteristic desires and aversions of a remedy are of great importance. Sometimes, in a drug, there are contradictions in this sphere of remedies, for e.g. desire as well as aggravation to fish in Natrum muriaticum.

The **fourth** step is to know the causation of disease typical of different remedies i.e. the ailments from in the remedy.

E.g. Ailments from mortification - Staphysagria

Ailments from suppressed diarrhea — Abrotanum

Ailments from injury- Nat-sulph.

When we have mastered the above points then we have to proceed to learn the physical symptoms to which the remedy specially applies.

For eg: Cardiovascular system of *Veratrum viride*, Cerebro- spinal system of *Zincum metallicum*.

Also we must study the affinity of drugs for particular organs and tissue. For e.g. *Kali carbonicum* and its affinity for serous membranes.

We must be able to visualize the characteristic symptoms of a drug, like the cracked tongue in the center of *Rhus venenata*, *zigzag* sensation of *Calcarea carb*.

The **fifth** step is to select the few peculiar, strange **keynote** symptoms out of the bulk of symptoms of a remedy. These may form similes, as we have The Ragged Philosopher - Sulphur. The Human Barometer - Merc-sol.

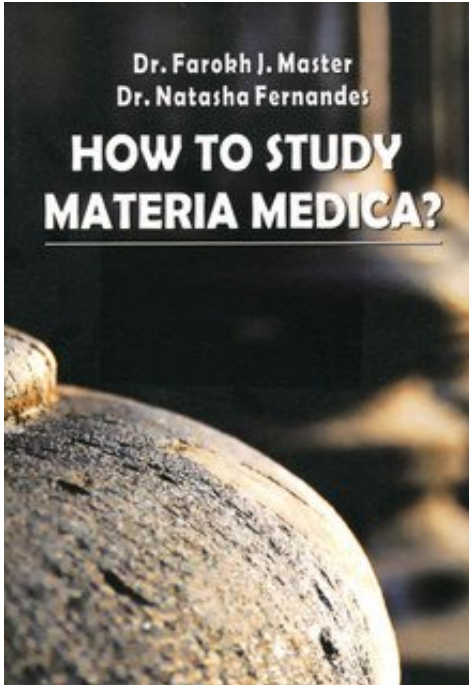
The **sixth** step is to get clearly in the mind the bodily functions such as micturition, defecation, digestion, menstruation and pregnancy.

Then, the **seventh** step is to understand the alternating conditions e.g. headache alternating with piles - *Aloe*, cough alternating with eruptions - *Croton tigrinum* and the concomitants of the remedy e.g. coryza accompanied by diarrhoea - *Sanguinaria canadensis*. In the second edition of the Kent's repertory, these are given under a separate heading as alternations, but in the third edition it is scattered through the book.

The **eight** step is to study the pharmacology of drug including its effects in potentized form.e.g. Opium- It contains two main groups of alkaloids. Phenanthrenes include morphine, codeine, and thebaine and are the main narcotic constituents. Isoquinolines such as papaverine have no significant central_nervous_system effects. Morphine is by far the most prevalent and important alkaloid in opium, consisting of 10%-16% of the total, and is responsible for most of its effects such as lung edema, respiratory difficulties, coma, or cardiac or respiratory collapse.

Another example is cannabis. In Cannabis the most prevalent group of psychoactive substances is delta-9-tetrahydrocannabinol. Other psychoactive substances are Tetrahydrocannabivarin, Cannabivarin, Cannabidiol, but it is only found in small amounts. Effects of tetrahydrocannabivarin are altered consciousness and perception, anxiety, paranoia, increased libido, increased heart rate, dryness of mouth. Cannabinoids affect the basal ganglia, cerebellum and the hippocampus bringing about a change in movement and co-ordination.

The **ninth** step is to study the particular sphere of action of drugs. For e.g. the action of Natrum muriaticum on the pituitary- thyroid axis. The action of Nitric acid on mucocutaneous junction. The action of Pulsatilla on venous system.



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