

# A. K. Bhattacharya

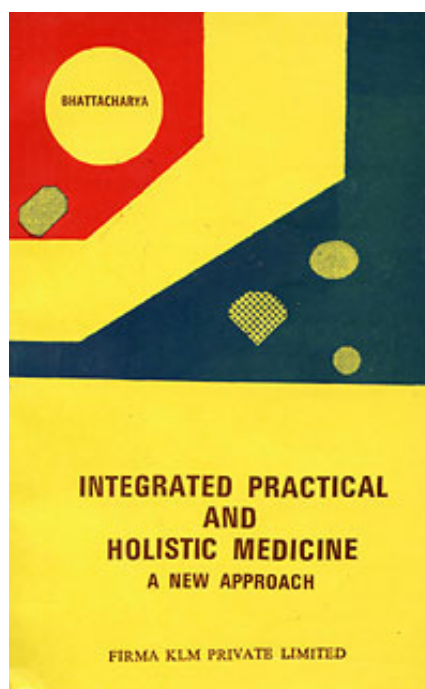
## Integrated Practical and Holistic Medicine

Reading excerpt

[Integrated Practical and Holistic Medicine](#)

of [A. K. Bhattacharya](#)

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email [info@narayana-verlag.com](mailto:info@narayana-verlag.com)

<http://www.narayana-verlag.com>



**DENTITION**

**CALCAEEA PHOS 6X** - This is a very good remedy for infants to help them during Dentition. After the fourth month One tablet should be given 3 times daily. After the Incisors start coming up Calcarea Phos should be given 2 tablets 3 times daily. When the Incisors have come out 3 tablets should be given 3 times daily. This will prevent all troubles in the infant during Dentition.

**CHAMOMILLA 6** - Green Diarrhoea during Dentition is best controlled by this remedy given after every motion.

**PODOPHYLLUM 6** - When the stool comes out with a force during Dentition this remedy checks the diarrhoea by giving one dose after every motion.

**ANTIM CRUD 6** - White coloured stools is the characteristic symptom of this medicine. The colour of the stools will change by giving Antim Crud 6 three to four times daily.

**Magnet**

Small quantities of Magnetised water should be given 3 to 4 times daily during the entire period of Dentition.

**Colour**

**ORANGE** Solarised water may be given in small quantities during the entire period of Dentition.

**Gem**

For late Dentition in infants Orange Gem pills may be given once or twice daily. **DEPRESSION**

**IGNATIA 200** - Depression caused due to mental shock or grief can be controlled by giving Ignatia 200 twice a week. **IGNATIA 1m** may also be given once a week, in such condition.

**SEPIA 200** - Depression caused after Menopause is best controlled by giving Sepia 200 twice a week.

**ARSENIC ALBUM 200** - Depression along with anxiety

and restlessness requires this medicine twice a week.

AURUM MET 200 - Depression with suicidal tendencies can be controlled by giving Aurum Met 200 once a week.

GELSEMIUM 30 - This being one of the top Nerve remedies should be giving 3 to 4 times daily along with any of the above medicines.

### **Magnet**

VITIC treatment with the Copper Rod in left hand the the Carbon Rod in right hand should be given twice daily. The N pole of a Ferrite magnet may be put on the forehead between the eyebrows for ten minutes at bed time. Both the above treatments would quieten the nerves and give relief to the person. Magnetised water also should be given for drinking.

### **Colour**

ORANGE Solarised water should be given 3 to 4 times daily.

### **Gem**

Orange Gem Medicine should be given 3 times daily and two doses of BY till the patient improves. **DIABETES MELLITUS**

SYZYGIUM Q - In all cases of Diabetes 10 to 15 drops of Syzygium should be given in a little water 3 to 4 times daily. If the Blood Sugar is very high, 30 drops may be given every three hours. This should be given along with any other medicines given to tackle the disease.

ARGENTUM NITRICUM 200 -When the pulse is found fast, jumpy beating heavily on the second finger, Argentum Nit 200 may be given twice a week with expectation of very good results.

ACID LACTIC 30 — Diabetes accompanied by constipation and profuse sweating needs this remedy, given twice daily. Rheumatic symptoms may also indicate this remedy.

**GELSEMIUM 200** - For patients with weak and timid nervous system Gelsemium 200 should be given, twice a week.

**HELONIAS 30** - Albumen and phosphorus in the urine are the indications for this remedy which should be given twice daily.

### **Magnet**

Magnetised water should be given to drink frequently. VITIC treatment with the Copper Rod in the right hand and Carbon Rod in the Left hand should be taken twice daily. In case of Insomnia the N Pole of the magnet may be put on the forehead between the eyebrows for ten minutes at bed time.

### **Colour**

**INDIGO** Solarised water should be taken 3 to 4 times daily.

### **Gem**

One dose of **NINE GEMS**, two doses of **OGI** and 3 doses of **Indigo** should be taken to treat this disease. **DIARRHOEA**

**SECALE COR 6** - When stools are watery and offensive, accompanied by Colic cramps in the bowels, prostration with feeling of insensitiveness, this medicine should be given after each motion. If given early no other medicine will be required.

**PODOPHYLLUM 6** - In infants and children when the watery stools come out like a jet with force and profuse in quantity this medicine should be given after every motion.

**ANTIM CRUD 6** - Diarrhoea with white stools and thick white coating of the tongue can be controlled quickly with Antim Crud 6 - given every 3 to 4 hours.

**CHINA 6** - Foetid watery stools with undigested food particles and symptoms of dehydration can be tackled by China 6, given every two hours.

Gem

RUBY Gem medicine may be taken three times daily along with two doses of RV/IR.

### VOMITING

ANTIM CRUD 6 - Vomiting in children with a white coated tongue is ameliorated by giving this remedy every two hours.

IPECAC 6 — Nausea and vomiting with a clean tongue require this medicine every two hours.

ARSENIC ALB 30 - Vomiting after any food or drink taken is controlled by Ars Alb given two to three times daily. There is thirst for small quantity of water which is vomitted immediately.

NUX VOMICA 30 - If the vomiting is due to overeating or digestive disorder, this medicine should be taken two to three times daily.

SYMPORICARPUS 200 - In cases of morning sickness in pregnancy this medicine may be taken twice a week.

### Magnet

Magnetised water should be taken in sips to control the vomiting. **Colour**

GREEN Solarised water may be given in sips to drink.

Gem

EMERALD Gem medicine may be given after every bout of vomiting with two doses of GR/IR. **WARTS**

THUJA 200 - Cauliflower like warts with the pulse thin and wiry can be removed with this remedy given twice a week.

ANTIM CRUD200 -Very hard warts are removed with this remedy given twice a week. I have found the mixture of Thuja, Silicea, Acid Nitric, Staphysagria and Causticum in

the 200 potency in all types of warts giving very good results. I give it once a week.

ACID NITRIC 200 - Warts which bleed easily are removed with this remedy — given twice a week. **LOCAL**

**TREATMENT**

The wart should be massaged with Castor oil at bed time.

**Magnet**

Magnetised water may be taken internally three to four times daily and the warts should be washed with this water.

**Colour**

YELLOW Solarised water may be taken three to four times daily and the warts washed with this water.

**Gem**

RYB/IR Gem medicine may be taken three times daily.

**WHITLOW**

HEPAR SULPH 6 - To control severe pain Hepar Sulph should be given every one to two hours.

APIS MEL 3 — Pain with oedema requires this medicine every two hours. Cold gives relief.

SILICEA 30 — To remove the pus Silicea should be given three times daily.

BELLADONNA 3 - The finger swells rapidly, becomes bright red with intense throbbing pain which is characterised by suddenness of onset and violence of attack give Belladonna every half an hour.

GUN POWDER 6X - When ulceration forms and it does not heal and there is constant oozing, Gunpowder 3 grains should be given four times daily.

**LOCAL TREATMENT**

Sal Ammoniac should be put in a cup of water and the finger kept in the water for a few minutes several times daily gives relief.

**Magnet**

The N-pole of the magnet should be applied to the finger for as long as is tolerated. The finger should also be washed or kept immersed in magnetised water.

**Colour**

VIOLET Solarised water may be taken internally and the finger washed with this water. **Gem**

BLUE Sapphire Gem medicine maybe given three to four times daily along with two doses of RV/IR. **WHOOPING COUGH**

MAGNESIA PHOS 6X - Three grains of this should be given after every bout of coughing.

ANTIM CRUD 6 - This is another useful remedy. The tongue is coated white and there is vomiting after every bout of coughing this should be given one dose after each spasm or every two hours.

BELLADONNA Spasmodic coughing, the face getting crimson red and flushed, sometimes accompanied by convulsions. This remedy should be given after every spasm.

**Magnet**

Magnetised water should be given after every fit of coughing.

**Colour**

ORANGE Solarised water should be given in sips after every bout of coughing.

**Gem**

PEARL Gem medicine should be given four times daily along with IBGO twice daily. **WORMS**

CINA 30 — For worms in children this is a most effective remedy. Tongue is clear and there is either no hunger or anorexia or canine hunger. This medicine works wonderful-

ly when given once or twice daily.

**STANNUM 30** — In case of pin worms with itching of rectum at night, this medicine should be given once a day.

**TEUCRIUM 200** - When children continuously prick their noses because of tickling and tingling due to ascarides, with nightly restlessness, this medicine should be given twice a week.

#### **LOCAL TREATMENT**

If there is itching in the rectum at night due to worms, washing the area with saline water gives quick relief.

#### **Magnet**

Magnetised water should be taken three to four times daily regularly for a long period of time.

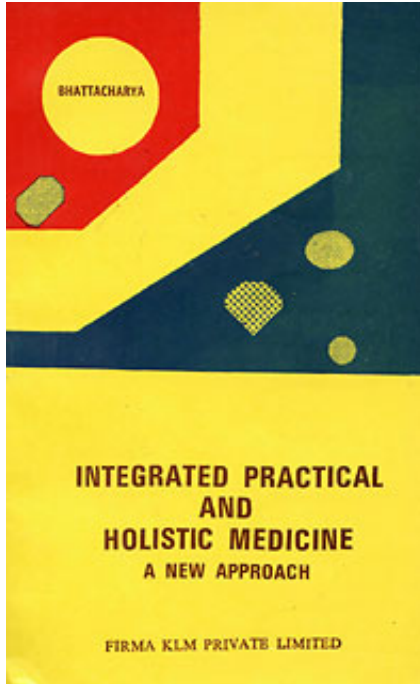
#### **Colour**

**GREEN** Solarised water should be given three to four times daily to correct the digestion whereby the worms are expelled from the system or made to retreat to their habitat.

#### **Gent**

**EMERALD** Gem medicine may be given three to four times daily along with OR/IR twice daily.





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