

Dr. N. L. Arora

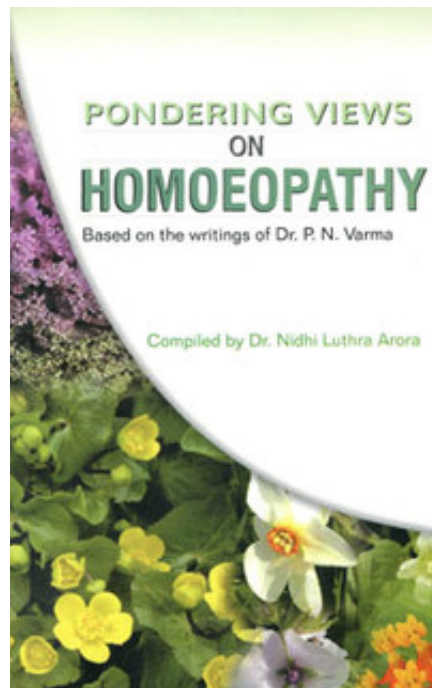
Pondering Views on Homoeopathy

Reading excerpt

[Pondering Views on Homoeopathy](#)

of [Dr. N. L. Arora](#)

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Chapter-2

Body and Mind

It is seldom possible to make a sharp division of illness into physical and psychogenic or psychological. As most of us know sometimes physical factors are more prominent and sometimes psychological factors. If permitted, I am willing to admit that in many cases it is only the psychological factor, which is the main cause of suffering. Science has accepted a mind-body relationship. There was one Vivekananda who aggressively promoted humanism as a religion. It has made the West inquisitive to know the Indian philosophy and the way of life. After Kantian age perhaps, I do not find anyone who could aggressively, I repeat aggressively promote the homoeopathic concept. I have been scanning books after books. All of them are justifying the concept in their own way. Many talk about side effects of allopathic way and suggest the alternate homoeopathy. It smells of defeatist mentality. There is no need to just explain or prove that homoeopathic medicines act and are effective. It is an established fact. What is needed is to find out how it acts.

There is a built in regulatory mechanism, which protects us from disease. How can we let the people know that

homoeopathic medicines induce a process of re-organization of vital functions by stimulating the self regulatory mechanism, call it immune defense mechanism or body's protective mechanism. Is it not true that all living organisms including the plants have their own protection and preservation mechanism? It has to be carefully protected and not contaminated by non-essential potent chemicals, antibiotics, preservatives and colors (for food and medicines). Anyone can imagine the ill effects.

For all of us good mood, spirit and senses, healthy physical and mental state reflect "healthy state". Any substance that alters these will set in a chain of reactions of pathological derangement leading to physical and mental discomfort or disease.

Can we not give a second thought on the way of life we live, the foods and medicines we take, the good and bad that we think? If needed, advice should be to take safe and least of medicines.

Chemical laws also govern disease. I have special affinity to chemistry. Perhaps because of this I tend to consider chemistry at the base of every happening. I came across a book by the founder of Heel. Different explanations have been given for disease. New processes including physiological and pathological depend on the reaction of chemically tangible agents. All life processes are subject to chemical laws. There could be change but nothing will disappear I repeat, there could be a change from one form to other but complete disappearance is not possible in the set of chemical reactions. Elimination is altogether different. Functions of brain also depend on chemical reactions. Remember nor adrenaline, acetylcholine, serotonin, histamine and dopamine. All cells

of human organism (250,000 billion) are continually subject to chemical reactions. In each cell approximately 35,000 reactions take place. Such vast activity is controlled by defensive cellular chemical reactions. Drugs act for good or bad mainly because of its chemical constituents or the associated energy component (Kinetics of reaction). Other way to look to the situation may be elimination of toxins. When toxins are secreted we get cure but there are other stages, such as deposition of toxins or degeneration through of toxins. Can we not allow our body's defenses to function for the elimination of the toxins? (Let us think) at least to a bearable extent before the secondary problem if any. If needed one is free to use homoeopathic medicines.

Homoeopathic medicines are safe but also have side effects. It may be a desirable side effect. Side effects may be desirable or undesirable. Is it not true that while treating disease 'X' by homoeopathic medicines, the disease 'Y' is also eliminated because of the desirable side effect? No one can limit the process of re-organization to one vital function from the other.

Homoeopathy acknowledges the link of mind with physical ailments. It is not a matter to ponder. To have faith or project a hypothesis is one aspect and to prove it by acceptable scientific norm is another aspect. Lack of funds and facilities with Indian Systems of Medicine & Homoeopathy (ISM & H) in India lead to dark ends. The Rockefeller University is investigating the mechanism involved in mental stress leading to diseases and discomforts. The findings were recently reported. It supports century old statements homoeopaths have

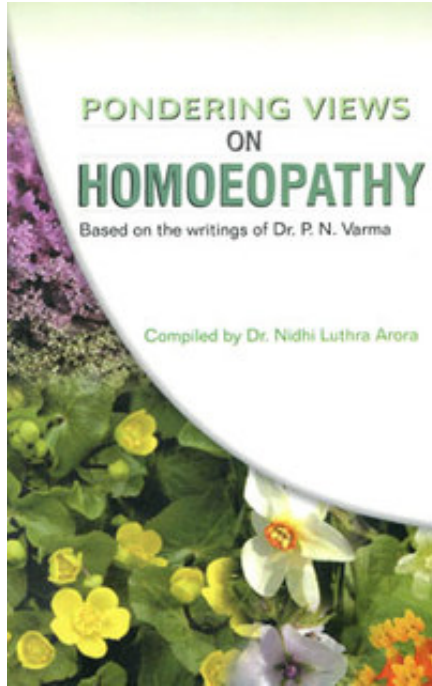
About Homoeopathic Medicines

New Generation of Homoeopathic Medicines

We belong to a nation where self-medication is proudly admitted; folklore to false claims are abundant; potent drugs are used unmindful of their side effects or rather say dangerous effects. You take a medicine for minor complaints like cold, cough, fever or skin infection and damage your kidneys, disturb your digestive and ingestive mechanisms. All routine. As a result, homoeopaths get not only diseased persons, but also a plenty of cases of drug-abuse, and drug induced ailments with associated symptoms and many self-created problems. This situation has seen a rise in use of tautopathic medicines like ACTH, Adrenalinum, Alloxan, Creasol, BCG, Codeinum, Ergot, Beryllium metallicum, DDT, Histaminum, Morphine aceticum, Penicillinum, Pituitrinum and many of the antibiotics and sulphas at homoeopathic dose levels. It is believed that the persisting drug-induced symptoms are obstacles to cure. Therefore, removal by use of homoeopathic

potentised dose levels of these drugs prior to use of constitutional homoeopathic medicines for many is a necessary evil. Situation is not different towards the use of nosodes. There is an increased demand for carnosinum of different origins, colibacillinum, osteo-arthritic-nosode, staphylococcinum, streptococcinum and tuberculinum of different types. Not frequently used or repeated, but frequently necessary. Who is to be blamed? Self, or surrounding environment? Shift in the life-styles? Abundant adulteration or abundant money and indulgences? Admittedly, there is a shift in the pattern of suffering and there is a rise in incidences of preventable diseases. Next to self-medication or over-medication is the effect on our life of toxic chemicals in the environment (the air, water and the foods consumed).

It has been scientifically proved that detoxification of a chemical or a poison can be achieved in live animals by administration of micro-dilution of the same chemical. It is like using Arsenic 6D in case of chronic cases of Arsenic toxicity or Acid hydrofluoricum or Natrum fluoricum in cases of poisoning by ground-water fluorine or excessive content of it in medicinal/dental preparations. Experimental evaluations have led to the use of homoeopathically potentised preparations of toxic elements and chemicals the people frequently come in contact. Use of such medicines in India is limited. Many of them are commercially available like Benzinum, Carbon mono and dioxides, Carbon-disulphide, stable sodium salts of nitrous dioxide and sulphur dioxide. Apart from nosodes and allergens potencies are available of polyesters, wools and other items responsible for contact dermatitis, pollens and many items



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