

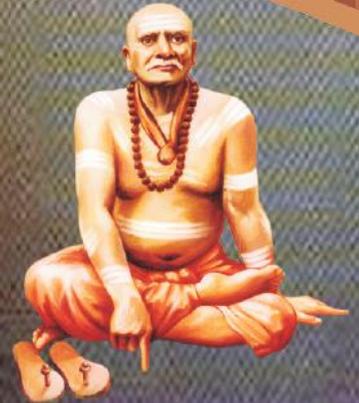


# NANO SCRIPT

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INTO THE WORLD OF HOMOEOPATHY



The Founder of B.V.V. Sangha  
**H.H. Shri. Biluru Gurubasava Mahaswamiji**

This manuscript is dedicated to  
**Dr. Samuel Hahnemann,**  
Founder of Homoeopathy  
(10 April, 1755)

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# Concept of Doctrine of Signature in Homoeopathy



**Dr. Fatima Z. Balsing** MD. (Hom)  
Asso Prof & HOD  
Dept of Homoeopathic Pharmacy.

We are familiar with the ancient doctrine of signature right from the beginning of our Homoeopathic education. Irrespective of our attitude towards this concept, we compare the signature aspects of certain drugs while dealing with *Materia Medica*.

**Introduction :** The doctrine of signature is actually an old concept found in many European civilizations and later on accepted by various schools of medicine. People had altogether different attitudes towards this concept. Initially it was well accepted by the proponents of many schools, but later on discarded by calling it as a kind of coincidence or a fake science. Presently, there are at least a few doctors who accept the ancient doctrine of signature. On the other hand, there is a vast majority including many homoeopaths that consider the doctrine of signature as fallacious. Nevertheless, many including the critics of this concept at least mention the signature aspects of certain drug sources while dealing with *Materia Medica*. Since in the present era it is discussed only in Homoeopathy, many say that now this doctrine is accepted only by Homoeopaths, and often they exploit this misconception as a weapon to criticize Homoeopathy. Before we go in to the pros and cons of this concept, let me shed light on the literal meaning of "**Doctrine Of Signature**". The word signature is said to be a duplet, which has been derived from two words sign and nature, meaning signs of nature. We know that the doctrine is a belief that is accepted as authoritative by a particular group or school of thought. In simple terms "**Doctrine Of Signature**" is a belief on various signs of nature.

This doctrine proposed that parts of plants having a resemblance to any part of the human body is having a therapeutic relationship and the same plant or its parts can be used for diseases of the particular organ. They also believed that such relationship also exists between the environment and specific places where plants grew. As per these concepts, God has provided unique healing powers to most of the living and non-living things and left a hint for us to distinguish the sphere of action of each substance. In other words, the unique external feature of a plant or a substance is an indication of the purpose of creation of that particular substance. It often seems funny but this concept has introduced many drugs in to the field of therapeutics of different schools.

## Influence of Doctrine of Signature in Homoeopathy :

The influence of the Doctrine of signature on Homoeopathy is a debatable topic since some skeptics consider it as a forerunner of the Similia principle. It has been claimed that the library where Hahnemann was employed at Hermannstadt contained historical works, including those of Paracelsus, and few people say that, it was those works of Paracelsus, which planted the seed of Homoeopathy in Hahnemann's mind. But to support this speculation, so far, no one has given any kind of solid evidences . However, this point was utilized maximum by Hahnemann's opponents in those days. They went even up to the extent by saying that Hahnemann took the whole Homoeopathy from Paracelsus. Some people still consider Paracelsus and Halle (Swedish physician) as forerunners of Hahnemann as they also did experiments to discover the nature of certain remedies. However, their attempts were not coordinated and could make little impression upon the medical world. Later, it was Hahnemann who discovered the fundamental cause behind the diseases and the most suitable way to eradicate the disease using a dynamic form of medicine selected on the basis of similarity. But the similarity proposed by Hahnemann was totally different from that of Paracelsus. Unlike Paracelsus and others, Hahnemann followed pure experimentation, exact observation, correct interpretation and finally the scientific construction, which resulted in the discovery of Homoeopathy. The cardinal principles of Homoeopathy can be proved even today by proper administration of medicines.

## Some examples of doctrine of signatures among Homoeopathic drugs

**1) Pulsatilla :** Movement of flowers—Changability of pulsatilla patient. **2) Lachesis :** Snake is restless suspicious & protrude tongue— Patient is also same. **3) Chelidonium :** Yellow juice— Useful for jaundice. **4) Calcarea carb :** Hard shell to protect the soft body— Patient is soft and needs protection. **5) Sanguinaria :** Red color— Useful for bleeding. **6) Blatta Orientalis :** Lives in cracks, crevices, damp places— Useful for asthma of people living in damp basements and cellars.

## Life style and Homoeopathy



**Dr. Rudresh V. Koppal** MD. (Hom)  
Professor & HOD  
Dept of Repertory.

**IT'S NOT STRESS THAT KILLS US, IT IS OUR REACTION TO IT.** -Hans Selye

Shri Vishvanth swami said “Ninety percent of worries are a result of poor thinking, in-congruent lifestyles and lack of respect for the higher self. The good news is, these are easily alterable”. Presently most of us are leading a stressful life. About 89% of the Indian say they are suffering from stress compared to the global average 86%. This stress is usually related to earning money, maintaining status in the society. Stress is the major cause of many chronic illnesses mainly hypertension, Ischemic cardiac Diseases (IHD), diabetes, migraine, gastric complaints, IBS, depression, anxiety, obesity, lumbar spondylosis, Cervical spondylosis, etc. These are the cases we come across in day-to-day practice very commonly.

Hahnemann divided chronic diseases into non miasmatic and miasmatic chronic diseases. Miasms are invisible disease-causing agents. Miasms cause true chronic diseases. Under non miasmatic chronic diseases are sub-divided into artificial chronic diseases and pseudo chronic diseases. Artificial chronic diseases are due to long use of medicines, Pseudo chronic diseases are due to habits, living and occupation. According to Hahnemann, diseases caused due to stress come under pseudo chronic diseases, where the life style of the person is the cause of the disease. Here, life style is acting as a maintaining cause for these diseases. In day-to-day practice if we ask a patient to change his/her life style, he or she questions us that, “how will we earn money or how do we have to adjust?” In our country earlier we had joint families, now individual families are coming up. Our tradition and culture are of joint families. To cope up with this he/she has to work under stress to earn money and to maintain the status in the society.

Recently one patient came for the treatment of Acid peptic disorder (APD). He is a business man, goes to his shop 9am and comes back home by 8 pm. He has a sedentary life-style, sits on a chair most of the time, with irregular food habits. I have given his constitutional medicine in all potencies. Even I have tried with LM potency. There is only short time relief of the symptoms. I have asked him to change his life style, then he replied sir I have 3 daughters, 1 son I have to earn for them. This is not only with one case which I have come across. Many of the cases where patients are unable to change their life style failed to get a complete cure.

Now-a-days, the present life style of people is acting as a maintaining cause of the disease and is becoming a limitation of Homoeopathy. Can we give a cure in such cases?

**“Each of your actions will have impact on your future” –Lord Krishna**

Ref : 1. <https://m.economictimes.com/magazines/panache/89-per-cent-of-indias-population>

## Impact of Covid19 on mental health and quality of life



**Dr. Rekha Koganur** MD. (Hom)  
Assistant Professor  
Department of Organon of Medicine

The COVID-19 pandemic has had a major effect on our lives. Many people lost their beloved one, after that many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.

### **Stress can cause the following:**

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Nightmares or problems sleeping
- Physical reactions, such as headaches, body pains, stomach problems, or skin rashes
- Worsening of chronic health problems and mental health conditions
- Increased use of alcohol, illegal drugs (like heroin, cocaine, methamphetamine), and misuse of prescription drugs (like opioids)

It's natural to feel stress, anxiety, grief, and worry during or after the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

### **Natural healthy ways to cope with stress :**

#### **1) Take breaks from news stories, including those on social media.**

It's good to be informed, but constant information about the pandemic can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

#### **2) Take care of your body**

- Eat plenty of fruits and vegetables, lean protein, whole grains, and fat-free or low-fat milk and milk products. Eating well also means limiting saturated fats, cholesterol, salt, and added sugars.
- Going to bed at the same time each night and getting up at the same time each morning, including on the weekends, can help you sleep better (seven or more hours per night for adults).
- Move more and sit less—every little bit of physical activity helps. You can start small and build up to 150 minutes a week that can be broken down to smaller amounts such as 20 to 30 minutes a day.
- Take deep breaths, stretch, or meditate
- Limit alcohol intake. Choose not to drink, or drink in moderation by limiting consumption to one drink a day for women—two for men—on days that alcohol is consumed.
- Avoid using prescription drugs in ways other than prescribed, someone else's prescription, or illegal drugs.
- Avoid smoking and the use of other tobacco products. People can and do quit smoking for good.
- Continue with regular health appointments, testing, and screening.

**3) Make time to unwind.** Try to do some other activities you enjoy. It will help you to relax with all stress and pressure of life

**4) Connect with others.** Talk with people you trust about your concerns and how you are feeling.

**5) Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Life span is limited and so it is important as to how live this life rather than how many years we live  
So adopt healthy behaviour, stay healthy, make community also healthy

## HOMOEOPATHY THE SCIENCE OF INDIVIDUALISATION



**Dirisala Siri**  
III BHMS

- Individualization is defined as a process of differentiating one person from another, of the same group, by some peculiar (or) unique features.
- To understand the concept of individualization of homoeopathic system one should understand the most basic principle of Homoeopathy i.e LET LIKES BE CURED BY LIKES.
- Successful application of this law entirely depends on the concept of individualization & susceptibility of the different constitutions.
- Dr.Samuel Hahnemann, the founder of Homoeopathy introduced this concept of individualization in treating the sick.
- Dr.Samuel Hahnemann mentioned individualization in aphorism 82 of Organon of Medicine.
- “Although, by the discovery of that great source of chronic diseases, as also by the discovery of the specific homoeopathic remedies for the psora, medicine has advanced some steps nearer to a knowledge of the nature of the majority of diseases it has to cure, yet, for settling the indication in each case of chronic (psoric) disease he is called on to cure, the duty of a careful apprehension of its ascertainable symptoms and characteristics is as indispensable for the homoeopathic physician as it was before that discovery, as no real cure of this or of other diseases can take place without a strict particular treatment (individualization) of each case of disease – only that in this investigation some difference is to be made when the affection is an acute and rapidly developed disease, and when it is a chronic one; seeing that, in acute disease, the chief symptoms strike us and become evident to the senses more quickly, and hence much less time is requisite for tracing the picture of the disease and much fewer questions are required to be asked, as almost everything is self-evident, than in a chronic disease which has been gradually progressing for several years, in which the symptoms are much more difficult to be ascertained.”
- The concept of individualization is understood in well taken case i.e accurately analysed signs and symptoms
- Here, case taking doesn't mean the internal derangement and external manifestations, but the homoeopathic case taking covers all the mental.physical & emotional plane ( person's thoughts and beliefs)
- No two persons are alike in this world, each individual is different in his physical , mental, & behavioural plane, & each individual expresses himself/herself in their own way.
- **For example:** Twins who are born to a mother differs from one another in many aspects like if one child is active in reading, while the another child is interested in playing. One child may engage in intellectual works while the other one may find interest in creative works. From this we can say that every person differs from one another and individual identity differs from one another.
- The different way of an individual to react to a similar cause of disease, is an indication of the unique way in which each of them reacts, this uniqueness of the symptoms & reactions bring in the difference in the remedy prescribed to each of them.
- The disease is usually expressed in the form of signs and symptoms, even the reaction of every individual to a causative factor of disease differs, so production of symptoms differs based upon individual characters & nature of constitutions.

- HOMOEOPATHIC MEDICINES ARE PRESCRIBED ON THE BASIS OF INDIVIDUALISATION WHICH IS – TAILORING THE REMEDY ACCORDING TO INDIVIDUAL’S NEED
- Thus, when a remedy is prescribed considering the individual totality, a state of well being is achieved & cure ensues.

**HOMOEOPATHIC TREATMENT WHICH IS BASED ON INDIVIDUALISATION:**

Individualization of patient i.e Homoeopathy regards each patient as a unique individual for example different persons who are suffering with hepatitis will need a different homoeopathic remedy each one aimed at individual totality of symptoms rather than his liver alone. This is nothing but differentiating i.e individualizing one patient sufferings from other patients of same nosological condition.

- This individualization is carefully done by physician who’s duty is not only to remove patient’s presenting symptoms but also to restore the long term well being.

INDIVIDUALISATION NOT ONLY INDIVIDUALISES ONE PERSON FROM ANOTHER BUT ALSO INDIVIDUALISES HOMOEOPATHY FROM OTHER SYSTEMS OF MEDICINE.

REFERENCE: Text book of organon by mandal  
Crucial principles-National health portal of India  
Organon of Medicine 6th edition  
Example taken from : Kent’s view on individualization  
([www.homeopathy360.com](http://www.homeopathy360.com))

We the bulletin team of Nano-script are taking one more step to reach out to you all by helping you with your questions regarding Health and Homoeopathy.

Drop your queries at-

[bulletinbvshmc@gmail.com](mailto:bulletinbvshmc@gmail.com)

Please feel free to contact us, our team of experts will respond.

Thanking you,

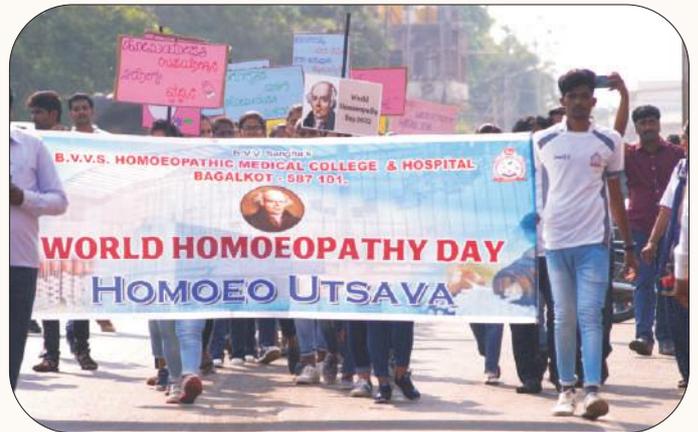
Regards,

NANO-SCRIPT

# COLLEGE ACTIVITY



Parents meet and inauguration of academic session for SAMATVA Batch 2021- 22. Nadoj Dr. B. T. Rudresh. Chief guest addressing the gathering. Felicitation of Dr. B. T. Rudresh by members of BVV Sangha and BVVS Homoeopathic Medical College.



Homoeopathy awareness rally in Bagalakot town on the occasion of World Homoeopathy Day -22.



Guest lecture by Dr. Vivekanand V. Vernekar . Director A. M. Shaikh. Homoeopathic Medical College & PG Research centre, Belagavi.

**Celebration of Fresher's Day "Novato Fiesta " For the new batch SAMATVA 21-22.**



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