



Ways of Studying Materia Medica

We all say and acknowledge that studying Materia Medica is important but how to study is something equally important which is many times not discussed. There are many ways how one can do so but some pattern should always be followed than just doing a simple reading. The method if it involves various other aspects will always be more beneficial and fruitful in terms of the learning what one has got and the way he applies it.

We have such a vast number of drugs and it is practically difficult to memorize all the features, so we have to have ways how we can remember our remedies as a part of basic memories which we don't forget ever.

Our stalwarts studied Materia Medica by studying the drugs on healthy human beings, by toxicological evidences, by comparisons, sphere of action, and many other ways.

Today when we have so much of literature in front of us, the first need is to master this subject in the best possible manner. I know its easier said than done, but yes its easier than

before with so much of support system available to us. We have repertoires at our disposal, which was in the beginning devised to fulfill this need of systemizing materia medica, we have softwares like E.H where we can have thousands of book in our

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libraries which we can refer at the mouse click.

Repertory is one of simplest way of starting to understand materia medica and learning materia medica. To see how we can make use of it I would like to give example of one case of a 8 year old child who had come for wet eczema since birth, complaints were more in the folds of the skin, remains throughout the year, flexures 3+, in elbows, back of knee, behind ear, itching 3+, aggravation at night, aggravated 4 am, when severe discharge of clear watery fluid oozing, aggravated bathing 2+, would scream while bathing, Craving for sweets 3+, *poori chana halwa* 3+, Aversion : green vegetables, Stools: 2-3 times a day, Urine: NAD, Perspiration: 3+, face and head 3+, all over 2+, non offensive, no staining. Sleeps: on belly, disturbed because of itching, gets up at around 4 am with itching > petroleum jelly and *allegro* is given by mother many times. Thermal: hot, History of nasal allergies recurrent, pediatrician had diagnosed him of mild asthma, gets breathlessness when playing in grass, have had 2 attacks of bronchitis last spring.

FROM THE EDITOR'S DESK



Fear of darkness at night, Child didn't like to be talked about, when mother was giving history child was shouting at mother as to why she was talking about him. Child is aggressive hits, shouts when things are not done according to him. Otherwise is helping in the house and is affectionate. Whatever he does or wears he asks his mother or father as to how he has done it or how is he looking, mother feels that he like to be appreciated and always asks her in this way and if not appreciated he doesn't like it and will keep asking her again and again. "He really wants to be appreciated and doesn't really like it much if he is not appreciated."

Child was on local application steroids since many years, which mother stopped in between, right now disease is in full blown state and mother is not using steroids but Allegra everyday once and SOS. From the mother's history it was found that during pregnancy she had to work in a oncology department (she is a nurse) which she was very unhappy about, as she felt that she didn't want to be near people who are dying, she felt that her child would otherwise get affected and would be malformed and she used to cry her heart out to her friends and

would many times aggressively tell her senior that she would not touch a dead body as she was pregnant. She is also a very anxious personality by nature. I discussed this case with one of my colleague Dr Mulay and we decided to first repertorize.

When we took the rubrics: *Mind – Fear – dark; of – children; Mind – Contradiction – intolerant of contradiction, Skin – Eruptions – eczema, Generals – Food and Drinks – sweets – desire; Lamenting appreciated, because he is not; Ailments from – scorned; being, Skin – Eruptions – bathing – agg.; Generals – Bathing – agg. Mind – Fear – dark; Skin – Eruptions – vesicular, Skin – Eruptions – itching – night, Skin – Eruptions – washing agg.*

The repertorization was done through Synthesis Repertory and Sulphur, Phos., Calcarea Sulph, Pulsatilla were the remedies in first 4 places in the order mentioned.

When we were searching for desire for appreciation we didn't get that rubric and found found the rubric *Lamenting, appreciated, because he is not*, which had only two remedies in it one of which was Calc Sulph. So this was something we learnt about Calc. Sulph through repertory study. A new rubric was learnt while searching for one and we learnt something about a remedy Calcarea Sulph via our working on repertory. Now when we compared the remedies from the repertorization chart, the rubric *lamenting, appreciated, because he is not* was only present in Calcarea sulph which was a very important feature in the patient so this remedy was selected with support of other symptoms also present.

In this case patient was given Calcarea Sulph 30 why 30 potency was chosen was because patient was also showing signs of sycotic tendency with his asthma so we started with low to avoid any aggravation.

After 1 week, no steroids (local application) were needed in the first

week, asked to continue same, second week – same, no steroids needed, sleeping well at night not getting up in the morning at 4am as earlier, had to resort to Allegra once last night asked to increase Calcarea Sulph 30 to twice a day, patient reports after 3 days with severe itching. So this repetition was wrong as it has caused aggravation so we should have evaluated the follow up in a better way asked to stop all medication, Report after 5 days: Eczema from arms disappeared mother says his arm is just like a normal arm, sleeping well at night, legs inflammation still present. Mother also says no attack of nasal allergy in these 3 weeks, asked to give no medicine and report if she finds improvement has stopped or any change. Since patient mother is a nurse no placebo was given as she was keen on knowing the name and dose of the medicine so. This way medicine was given as and when required depending on the follow up.

What we have seen here is that anybody can repertorize and find the remedy but the point to be learnt and emphasized is to see the remedies in the rubrics and learn those features about the remedy and link it up with what we read in our materia medica, this way the information in materia medica gets more registered and we do learn new points about remedies. This way I suggest that we should try and study more and more linking Repertory and Materia Medica so as to have a wider understanding of our drugs and make our study more interesting and enjoyable also.

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