

ALLEN COLLEGE OF HOMOEOPATHY



6 Contributions of Subrata to the Homoeopathic Fraternity Part-4

This is the concluding part of this article



By

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4) FEELINGS (ASK THE PATIENT TO REFLECT THE ENTIRE LIFE AND SHARE HIS/HER FEELINGS):

Towards the end of the first consultation, I ask the patient to reflect the entire life and share his/her feelings.

The reason for this is to find out any Emotional Aetiological block. I give enormous emphasis to find out any Physical, Emotional, Iatrogenic or Vaccination block resulting N.B.W.S. (Never Been Well Since).

Hence, I will ask the patient to reflect from childhood upto the present day and give me scores in regard to the following feelings, which may come in his/her subconscious mind atleast once in a month:

Feelings to reflect:

- i) Grief and Sadness;
- ii) Suppressed Anger;
- iii) Fright and Shock;
- iv) Injustice and Guilt;
- v) Insecured and Trapped;
- vi) Unhappiness and Unfulfilled.

Patient is encouraged to reflect on the above feelings and **give me the top 3 feelings** that are important for his/her. I ask to put scores out of 10, when 10 is bad. For example, if s/he felt all through her life, she suffer from injustice (in childhood from parents or in school; as adult from the relationship with her partner / husband) and that feeling of injustice comes in her mind very frequently; she might give you 9 or 10 out of 10 scoring (when 10 is bad or high).

Hence, I will include injustice in my prescription.

5) 1/10 (GOOD/BAD): ASK THE PATIENT ABOUT HIS/HER EACH CONDITION (PRESENTING PROBLEM) AND GIVE A SCORE OUT OF 10:

For each of the presenting problems (Physical and Emotional) of my patient, during initial consultation, I ask the patient to reflect the problem in relation to frequency and intensity. For example, if the patient is suffering from headache, I will ask the patient to share the frequency, e.g., how many times a day or week? And also, intensity of the pain, e.g., if it is very severe, patient might give 9 or 10 out of 10 (where 10 is bad). Consequently, during all follow-ups, I will ask the above question again to exactly understand even there is 5 – 10% change in the condition.

Even if there is 2% positive change,
YOU WAIT & WATCH WITH WISDOM -WWW

6) GRAPH QUESTION AT THE END OF EACH FOLLOW-UP CONSULTATION:

I do not repeat the medicine very often. Indeed, in average, I may repeat the medicine or ascend to a higher power, 2 – 3 times in a year. In all cases, I give a single medicated globule in water, which the patient sips for few days. I might repeat another dose, if there is no change from the very first dose. The reasoning for giving the second dose is

- Many medicines have primary and secondary action, which Hahnemann mentioned in *Materia Medica Pura* in the Bryonia chapter.
- In this polluted, hectic environment, smoke, fumes, chemicals, the second dose will penetrate the vital force, if, per chance the first dose has been antidoted, lost or spoiled.

Generally after the first prescription, I do a follow-up in 6 – 8 weeks to assess the reaction to the medicine. I may wait at least 3 – 4 months in chronic cases before repeating the dose however if there has been even a 2% positive change on any of the following areas, I will wait and watch with wisdom. WWW. You will never, I repeat never, gain anything by premature repetition; on the contrary you will always lose. This is the most difficult part for any homoeopath to learn. I have found over the years practitioners are enthusiastic and excited, if the patient is 10% better it is too tempting to repeat the medicine to get a ‘faster’ result this usually means the reverse, the patient’s improvement will be slower and might even spoil the case.

In order to be exact, during both the initial consultation and follow-up evaluation, I always ask my patients to evaluate and then grade the main complaints, they might be one or many. e.g. if the patient is complaining of headache, I will ask to put a grade about the intensity and severity of the pain out of 10 or a percentage. Similarly I always ask to put a value out of 10 or a percentage relevant to the following areas, as well:

- a. General sense of well being
- b. Physical Energy, vigour, strength co ordination
- c. Mental Energy, power of focus, motivation, concentration and memory
- d. Appetite,
- e. Sleep, quantity and quality, feels refreshed
- f. Temperament, emotional tranquility and sense of harmony in the patient

In some cases it is useful for the patient to keep a diary of the changes to their symptoms and at their appointment can summarise these details.

By adopting this method, during the follow-up consultation when a patient says 'I am not feeling any change' it is possible to compare with the previous report and can include scrutinizing head to foot symptoms, with the scores of suffering, intensity and frequency, this will be clear to both the practitioner and patient the exact condition and you may find in many aspects, patient is 5 to 10% better.

Graph Question At The End Of Each Follow-Up Consultation:-

I ask the patient to reflect his/her Physical (including the presenting problem with which s/he came to me), Emotional state including Energy (Physical and Emotional: Focus, Concentration, Motivation, etc.) and General Sense Well Being (G.S.W.B.) and put the entire status of health in a graph, reflecting last 2 – 3 weeks.

Is that graph is:

- (a) Straight line (neither improving nor declining);
 - (b) Graph is going up, even slightly (reflecting even 2 – 5% progressive improvement);
 - (c) Graph is going down (reflecting condition is getting worse).
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- (a) Straight line (neither improving nor declining):- I will wait for another follow-up and give placebo for this time.
 - (b) Graph is going up, even slightly (reflecting even 2 – 5% progressive improvement):- I will definitely wait.

After a successful first prescription, in many cases, I have waited, not prescribed, for over two years. Of course I do the follow-ups in every 8 weeks or so and I carefully consider how the patient is responding. In some cases it is beneficial for the patient to have a prescription of non-medicated globules which is confirmed by many master Homoeopaths and the medical fraternity alike, including Hahnemann, Organon §91, §281 6th Edition.

As I said above, even if there is 2% positive change

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Please do not repeat the medicine when there is a positive report, when you will become proficient at this this you will find yourself amongst the class very successful prescribers.

(c) Graph is going down (reflecting condition is getting worse).

You repeat when the curve is declining.

Sometimes my students in different parts of Europe and the United States doubt this long waiting in the haste and hurry of life. I respectfully invite them to any of my teaching clinics both the Allen Teaching Clinic and the Bengal Allen Teaching Clinic where you can see how the methodologies detailed above are successfully implemented in the drug dependent population.