

Significance of Diet & Regimen in Homoeopathy

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Abstract: *Homoeopathy is a holistic, safe & natural line of treatment. In homoeopathy we cure the person as a whole & not the part, organ or system. Homoeopathy helps to cure the person physically, mentally as well as emotionally. Homoeopathic medicines act at dynamic level. Homoeopathy works on the principle "similia similibus curentur" means like cures like. According to nature's law homoeopathy works & cures the sick. For selection of similimum proper case taking is very important. Diet & regimen plays important role as wrong diet & regimen make healthy person to sick & correct diet helps sick person to recover or we can say to cure into healthy state.*

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1. Introduction

"Let food be thy medicine and medicine be thy food" – Hippocrates

In our life diet & regimen is the most important aspect. Most of the things related to our body in both ways i. e. physical & mental are related to the diet we consume & regimen we follow in the healthy as well as disease condition. Diet & regimen plays important role as wrong diet & regimen make healthy person to sick & correct diet helps sick person to recover or we can say to cure into healthy state. As like that in the homoeopathy the aspect of diet & regimen is important.

For selection of similimum proper case taking is very important where sick individuals chief complaints along with preliminary data, personal history, mental history, past history, family history plays important role. Preliminary data is one of the important aspects in homoeopathic case taking, as it reflects sick person's important data like occupation, address, marital status, religion etc. & we have to advice auxiliary measures of treatment as it enhance rate of cure.

Diet & regimen in homoeopathy -

Numbers of times we observe that inspite of giving most correct similimum patient not get relief so in that cases number of factors are responsible like:

- 1) Patients Diet
- 2) Patients Life style
- 3) His/her occupation
- 4) His/her Mental condition
- 5) Patients Surrounding etc.

Homeopathic medicines are prepared from various sources like plants, animals, minerals, nosodes, sarcodes, chemicals homeopathic medicines mostly advice to take in clean mouth, as homoeopathic medicine get absorbed in oral cavity in saliva so when patient is under homoeopathic treatment he/she should be away from certain food substances which have strong medicinal properties which may affect the action of homeopathic remedy. For the best

action of medicine patient's regimen, mode of living is also too much important.

Dr. Hahnemann says "**everything that hinders the cure must also in these cases removed.**"

In the book Organon of medicine from aphorism number 259 to 265 Dr. Hahnemann explains about diet & regimen. In aphorism number 259 Dr. Hahnemann says "considering the minuteness of the doses necessary & proper in homoeopathic treatment, we can easily understand that during the treatment everything must be removed from the diet & regimen which can have any medicinal action, in order that the small dose may not be overwhelmed & extinguished or disturbed by any foreign medicinal irritant".

As per explained by Dr. Hahnemann in Organon of medicine we should give the importance to the diet & regimen of the patient whilst treating them.

As per mention in the materia medica pura & lesser writings Dr. Hahnemann says "cure is the only mission of a physician, so a homoeopath must take necessary steps regarding diet & regimen considering the patient's condition & circumstances & if necessary the physician must yield to circumstances in selecting the diet & regimen for his patients"

While treating the acute as well as chronic diseases certain thing should be advice to avoid. In the acute conditions not very strict diet is advice by Dr. Hahnemann but still those all food particles which have strong odour, medicinal properties should be avoided likely from any physical or mental over exertion patient should be away.

In the footnote of aphorism number 260 our master gave the list of all that things that can obstruct the effect of homoeopathic similimum.

Things to be avoided are as follows -

Table 1 [2]

Diet	Regimen
Coffee	Sedentary life style in close apartments
Chinese & herbs tea	Unnatural debauchery
Beer, brandy, wine	Over exertion of body & mind
Spiced chocolate	Strong scented flowers & perfumes
Odorous waters	Continuous in lying down position
Raw onion, garlic, mint leaves	Too much heavy exercise
Crude vegetables for soups	Dwelling in marshy districts, damp rooms

Tobacco, snuff, smoking	Uncleanliness
Spiced cakes	Overheated rooms
Strong sauces & meats in the state of decomposition	Subjects of anger, grief or vexation
Sour & acidic fruits	Domestic medicines

Homeopathic medicines & food relation -

In the homeopathy each & every medicine has a particular food relation. Some examples of these relations are as follows -

Table 2 [5]

Homeopathic medicine	Food to avoided	Food to be recommended
Aconite Napellus	Alcohol, Beer, Butter, Fatty food, Fruits, Pork, Sour & Acids	Coffee, Cold Drinks, Milk
AethusaCyn.	Coffee, Milk	-
Antimonium Tart.	Apples, Butter, Fatty Food, Hot Drinks, Hot Food, Milk, Pork, Sight Of Food, Sour & Acids, Warm Food, Sour Wine	Cold Drinks, Cold Water, Cold food
ApisMellifica	(Cold Drinks & Cold Water), Hot Drinks, Hot Food, Pickles, Sour & Acids, Warm Drinks.	(Cold Drinks & Cold Water), Cold Food, Milk
Argentum Metallicum	Milk	Coffee, Sour & Acids
Arnica Montana	Alcohol, Wine.	
Aurum Metallicum	Alcohol, Wine.	
Bacillinum	Chicken	
Brayonia Alba	Beans, Peas, Breads, Cabbage, Hot Drinks	Cold Drinks & Cold Water, Cold Food
Calcarea Carb.	Dry Food, Eggs, Coffee, Fatty Food, Milk, Oyster, Salad, Salty, Smoked Food	Cold Drinks & Cold Water, Cold Food
Calcarea Sulphurica	Milk	
CarboVegetabilis	Alcohol, Butter, Cold Drinks, Fatty Food, Spoiled Fish, Fruits, Hot Drinks, Ice, Liquor, Bad Meat, Pickled Meat, Pork, Milk, Frozen Food, Hot Drinks, Rich Food, Salt, Sour And Acids, Decayed Vegetables, Vinegar, Warm Food.	Cold Food, Hot Food,
Graphites	Cold Drinks & Cold Water, Fatty Food, Pork, Sweets, Vinegar	Cold Food, Warm Milk, Warm Drinks
Hepar-Sulphuris Calcareum.	Alcohol, Brandy, Butter, Cold Drinks, Cold Water, Fatty Food, Sour And Acids,	Spices, Highly Seasoned Food,
Lac Caninum	Milk,	
Lachesis	Alcohol, Brandy, Whisky, Fish, Hot Drinks, meat, milk	Coffee, cold food
Lycopodium Clavatum	Beans, Alcohol, Dry Foods, Eggs, Fatty Food, Fish, Flatulent Food, Milk, Oysters, Shell Fish, Sweets, Wine.	Hot Food, Warm Drinks, Warm Food.
Mercurius	Alcohol, Coffee, Cold Drinks, Sugar, Sweets, Warm Food, Wine, Sulphureted Wine,	Cold Food & Milk.
Natrummur.	Alcohol, breadhoney, pickles, salt, milk	Cold food
Nitric Acid	Bread, Butter, Coffee, Cold Drinks, Cold Food, Rich Food, warm food	Hot Food,
Nux Vomica	Alcohol, Beer, Brandy, Whisky, Bread, Coffee, Cold Drinks & Cold Water, Cold Food, Onion, Spices, Condiments And Highly Seasoned Food, Tea, Wine.	Hot Food, Cold Food, Warm Drinks.
Petroleum	Alcohol, Beans, Cabbage, Flatulent Food, Sauerkraut, Vegetables.	
Phosphorous	Alcohol, Apples, Butter, Cheese, Hot Drinks, Hot Food, Milk, Pastry, Salt, Sauerkraut, Warm Food, Warm Drinks.	Cold Drinks, Cold Food, Cold Water
Platina	Coffee.	
Psorinum	Coffee, Farinaceous Food, Fatty Food, Fruits, Sour Fruits, Milk, Acids.	
Pulsatilla	Alcohol, breads, butter, cabbage, chocolateegg, frozen food	Cold food, vinegar
RhusTox	Beer, Brandy & Whisky, Bread, Old Cheese	Cold Food, Hot Food, Warm Drinks
Sepia	Bread, Butter, Cold Drinks, Cold Water, Fatty Food, Fruits, Milk, Pork, Tea, Potatoes, Rich Food, Sour & Acids, Sulphureted Wine	
Silicea	Alcohol Cold Drinks, Cold Food, Cold Water. Mother's Milk, Potatoes, Sight & Smell Of Food, Smoked Food, Wine	Cold Food, Hot Food.
Sulphur	Alcohol, Brandy & Whisky, Bread, Cabbage, Cold Water, Fatty Food, Milk, Potatoes, Sight & Smell Of Food, Sugar, Sweets, Vinegar.	Cold & Hot Food.
Syphillinum	Alcohol Cold Food.	
Thuja	Alcohol, Coffee, Onion, Fatty Food, Sugar Sweets, Tea.	Cold Drinks & Cold Water.
Tuberculinum	Smell Of Coffee, Hot Food.	

The importance of individuality in nutrition -

As a homoeopathic physician we know the importance of individualization. This principle of individualization is applicable to everywhere like to the diet of person or medicine selected for the cure purpose. There is no same & one unique diet to each & every person as like that no one & same medicine to the every person even suffering from the same disease condition.

Beautiful & meaningful line by Dr. Samuel Hahnemann -

“A Universal diet, like a universal medicine, is an idle dream”

As in the aphorism number 1, Dr. Hahnemann gives about the one & only mission of the physician is that to restore the sick individual from sick to health to cure. So to restore the sick individual to cure homoeopathic physician choose most perfect similimum. Along with similar remedy, diet & regimen of patient is most important. Most of the time in certain conditions proper & correct diet & regimen is the way to cure the patient.

2. Conclusion

As per the number of experiences, researches & study of clinical cases, we can say that combine effect of medicines & correct diet with regimen helps the sick individual to improve & restoration of healthy condition.

Thus along with the proper & correct selection of homoeopathic remedy advice of proper diet & regimen is very important to cure the sick individual & it is the natural way of restoration of health. It's support to provide holistic cure to an individual.

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