

Utility Of “Keynotes and Characteristics with Comparisons of Some of The Leading Remedies of The Materia Medica with Bowel Nosodes” By Dr. H.C. Allen in Chronic Diseases

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Abstract—Homoeopathic Materia medica is vast collection of drug information which has been represented differently by various authors. Selection of Simillimum can be done more precisely and quickly, if one is familiar with keynotes. The vast collection of which the Materia medica is composed is incomprehensible without an understanding of the principles upon which it is based along with meaning of symptoms, their method of classification and interpretation. So, while considering my topic I thought that every patient has different pattern of reaction in same situation and they present characteristic symptoms which is helpful for individualization. This study reviews the management of chronic cases with the help of keynote and characteristic symptoms. Objectives: 1. To prescribe with the help of Allens keynotes in study of 30 Chronic cases and understand its efficiency in clinical practice. 2. To observe, whether the use of Allen’s keynotes fulfills the idea given by Dr. Samuel Hahnemann in Aphorism-2 in 6th edition of Organon of medicine that cure should be rapid, gentle and permanent restoration of the health, in the shortest, most reliable and most harmless way. Methods: The study group of 30 was selected. The cases were selected for the study after fulfilling the inclusion as well as exclusion criteria. Results: Out of 30 cases selected, gender wise distribution is 26 males and 4 females. High age incidence was found in adult group (22) followed by old age group (6) and in child age (2). Overall response to treatment out of 30 cases 63%cases got good results (19), 30%cases got moderate results (9), 3% cases got mild results (1) and 4% cases got poor result. Conclusion: After conducting the study on 30 patients I have come to the conclusion that the prescription on the basis of keynote and characteristic symptoms in homoeopathy has a very good scope in

management of chronic diseases and the result of the study was good as patient showed good improvement under homoeopathic treatment.

I. INTRODUCTION

In today’s Homoeopathic world, Homoeopathy is practiced in different ways but one of the oldest ways is through keynote prescribing. In Homoeopathic materia medica each drug has a large number of symptoms related with various pathological conditions of different parts of the body and for the making of totality of symptoms, one need not pay importance to all the symptoms of the patient or drug, but only to those characteristic peculiarities which helps to distinguish from all others i.e. characteristics and key note symptoms. The life of a Homoeopath is one of constant comparison and differentiation. He must compare the pathogenesis of remedy with the recorded anamnesis of the patient; he must differentiate the apparently similar symptoms of two or more medicinal agents in order to select the Simillimum. To enable the student or practitioner do this correctly and rapidly he must have basis for comparison and knowledge of the individuality of the remedy, something that is peculiar, uncommon and can be used as pivotal point of comparison. Characteristic symptoms – “Those symptoms which are peculiar, unusual and distinctive are called characteristic symptoms”. These symptoms characterize the individuality of the patient. According

to Dr. Stuart close “the characteristic symptoms are peculiar to the individual patient, rather than symptom common to the disease” e.g. Complaints aggravated by motion and ameliorated by rest and patient is thirsty for large quantity of water at long interval is characteristic of Bryonia. Keynote symptoms – “keynote symptoms are those prominent features which draws our attention towards symptom totality” keynote prescribing means “prescribing on some symptoms which are regarded as Keynotes of the case.” In music generally Keynote or Tone is used to accommodate the whole music. it is the fundamental note or tone of which the whole piece is accommodated, so Keynote in Materia medica, are those features by which one remedy is distinguished from the other similar remedies. Dr. Henry N Guernsey was the first who realized the importance of these striking, singular, uncommon and peculiar characteristics and keynote symptoms. He wrote a book called “keynotes to Materia medica”. Later Dr. H.C. Allen recognized the importance of keynotes and wrote a book “Utility of keynotes and characteristics with comparison of some of these leading remedies of the Materia medica with bowel Nosodes”. The aim of this book was to simplify and introduce keynote method in work, so that the truly homoeopathic curative remedy may be worked out with greater ease and certainty.

This book is intended to make clear the general expression or genius of each remedy and thereby help the prescriber to correct his bearings, the scope of this content is much enlarged by bracketing the most nearly affiliated remedies after some of the more important symptoms; this also helps in making differentiations.

Allen’s Keynotes is entirely based on the Guiding symptoms of our Materia medica by Dr. Herring. Practically not a sentence or word has been changed. The beauty of Guiding symptoms is the mention of various pathological conditions or diseases in which particular symptom was found to be cured by a particular drug. The reliability of the symptoms is insured by repeated observation and confirmation on the sick in certain conditions of sickness. Dr. Hering advised selecting at least three Characteristic symptoms as the basis of prescribing. In the construction of Allen’s keynote, for each drug Dr. H.C. Allen selected some of the symptoms from “Guiding Symptoms Of our Materia Medica” according to his

sense of priority and his own personal experience in clinical practice. Dr. Allen was one of the guiding lights of Hahnemannian Homoeopathy. His efforts helped to lay the ground work for the creation of Homoeopathy. He was professor of Hahnemann Medical College of Chicago. In 1892 he found Herring Medical College and was Dean and professor of Materia Medica until his death. He was a member of several homoeopathic societies including American Institute of Homoeopathy (AIH), International Hahnemannian Association (IHA).

Besides writing many articles and other homeopathic journals, he wrote numerous books include:

- Keynotes of Materia medica with Nosodes.
- The Materia Medica of Nosodes.
- The Homoeopathic Therapeutics of Fever.
- Therapeutics of Tuberculous Affections.

He also revised Boenninghausen’s Slip Repertory, which he updated and arranged for rapid and practical Homoeopathic work.

The Purpose of selection of topic is

- For quick and easy therapeutic prescribing.
- With the help of Characteristics and Keynote symptoms case processing and prescribing becomes time saving in clinical practice.
- To attain depth of knowledge in keynote prescribing.
- To establish the strong and clear understanding in Characteristics and Keynotes prescribing.

II. MATERIALS AND METHODS

Theoretical Study:

Theoretical study of this topic has been done from various textbooks research journals, journals, internet sites.

Clinical Study:

30 chronic cases including both sexes and different ages have been studied. Case taking was done by using standard case taking Proforma as per Homoeopathic principles

Case Definition:

All chronic cases of any age group, both sexes have been treated by keynotes prescribing with the help of Allen’s keynotes was taken for this study.

Study design:

Minimum 30 cases satisfying the case definition, inclusion, exclusion criteria have been studied. Help of guide, researchers, different articles of different authors, journals, books have been studied.

Cases as per case definition have been selected from O.P.D, Mobile ambulance clinic in rural areas and various camps organized by Bharati Medical Foundation both in Urban and Rural set up

Selection of Remedy:

The remedy has been selected after detailed case taking and remedy was prescribed with the help of “Keynotes and characteristics with comparisons of some of the Leading Remedies of the Materia medica with Bowel Nosodes” by Dr. H.C. Allen.

Selection of Potency and Repetition of Doses:

The drug has been administered in various potencies as per the instructions given by Dr. Samuel Hahnemann in his Organon of Medicine.

Repetition will be done as per the need of individual case and instructions given by Dr. Hahnemann in Organon of Medicine.

Preparation and Administration of Drug:

Medicines manufactured by standard Homoeopathic Pharmacy as per norms of Homoeopathic Pharmacopoeia of India (HPI) were used in required potencies. Drug has been administered orally only.

Storage:

Storage of drug has been done as per the rules of Homoeopathic pharmacopoeia of India (HPI).

Declaration:

It is declared that the drugs used in cases are not harmful to human beings.

Clinical Protocol:

Data has been collected by proper method and has been processed in a standardized format with the following aspects-

The research project has been sanctioned by ‘Ethical Committee’.

Patients have been selected on basis of case definition.

Details of the research work have been explained to the patient and their consent has been taken.

Records of all cases in detail as per standardized case Proforma has been maintained along with follow ups.

Inclusion Criteria:

Chronic cases have been included

Patients of all ages and both sexes have been included

Exclusion Criteria:

Acute cases have been excluded.

Severely ill patients have been excluded.

Cases with gross pathological changes are excluded.

Patients not taking medicine as per direction or not co-operating for follow up have been excluded.

Problem definition and Resolution:

Diagnosis-All cases have been diagnosed and diagnosis has been confirmed through laboratory investigations-

Investigations have been done at standard laboratories if required as per the case.

Treatment will be as follows-

Medicine has been selected by proper case taking and giving stress on keynotes and characteristics of the case. Appropriate diet and regimen have been advised to all patients.

Follow up Criteria:

All patients have been duly followed and details of the symptomatic, clinical changes have been studied/ recorded.

Duration of follow up is different from patient to patient as per the need of the case.

Criteria of assessment:

This has been decided under FOUR headings-

GOOD- More than 75% relief of symptoms

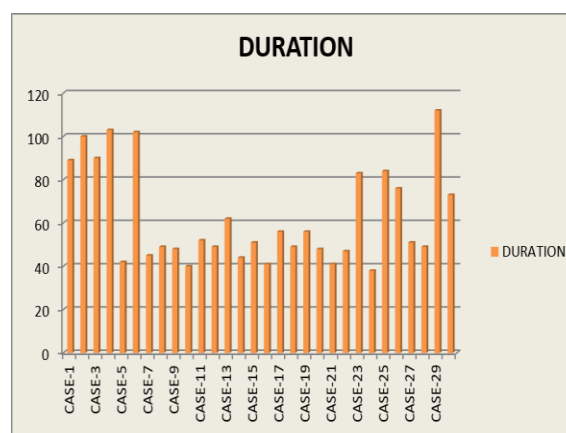
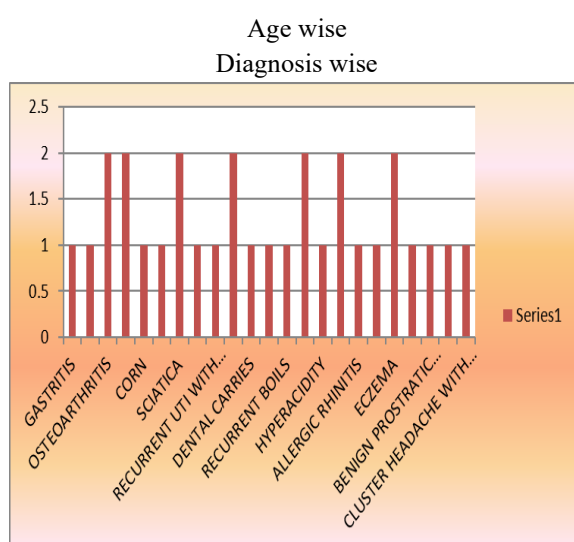
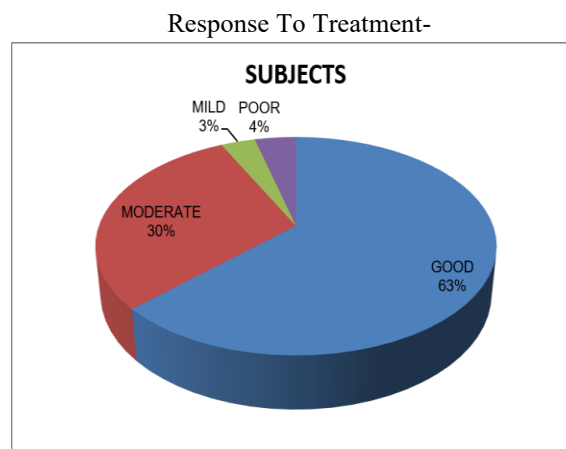
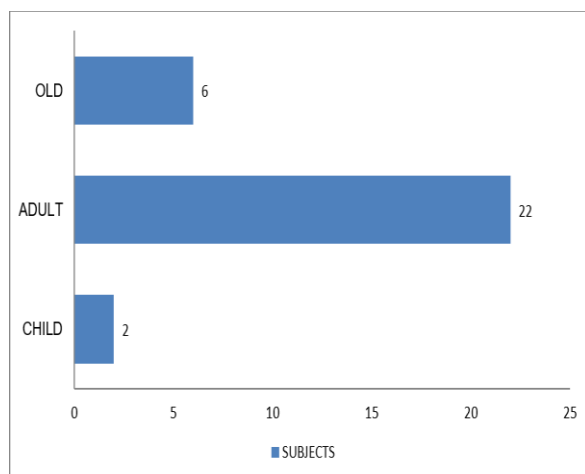
MODERATE- 50-75% relief of symptoms.

MILD- 25- 50% relief of symptoms.

POOR- Less than 25 % relief of symptoms.

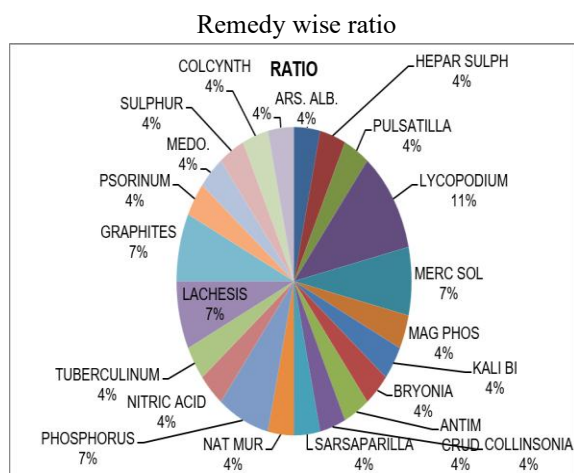
III. OBSERVATION AND ANALYSIS

Observation of all the 30 cases which were studied in the period of one and a half years are explained with the help of tables, Pie diagrams and graphs as per the requirement



IV. DISCUSSION

- As my topic “Utility of keynotes and characteristics with comparisons of some of the leading remedies of the Materia medica with bowel Nosodes by Dr. H.C. Allen in chronic diseases.” My major intention was to understand utility of Keynote and characteristic symptoms of the case in selection of Simillimum. So, I included all type of patient in this study, I have tried to find out the characteristics as well as keynotes and prescribed the remedy on the basis of such symptoms to reduce the suffering and improve the quality of life of the patient.
- Age wise incidence was high between the age group of 18-45years i.e. adult age group followed by 60-75 years i.e. old age group and last 10-18 years i.e. child age group. Each accounted for 22, 6, 2 cases out of 30 respectively.
- Dietary advice and counseling were given in cases wherever necessary.



- Out of total 30 cases, 19 showed good improvement, 9 cases showed moderate improvement, 1 case shows mild improvement and 1 case show poor improvement.
- In the case study of 30 patients the remedies which were indicated in maximum cases are Hepar sulph, Pulsatilla, Lycopodium c., Phosphorus, Lachesis, Nux Vomica and Graphites.
- In most of the cases, potencies were prescribed from 30, 200 and 1M with repetition as per need of the patients.

V. CONCLUSION

- This study shows a significant role of Keynote Prescription in treatment of chronic diseases.
- After conducting the study on 30 patients I have come to the conclusion that when the remedy is prescribed after considering the keynotes and characteristics of the case, the outcome is good improvement.
- During this entire process, I have found that repetition of drug is required in various potencies as per need of the case.
- While doing this study i have found that whatever facts regarding Keynotes as mentioned by Dr. H. C. Allen are true and practically applicable.
- Utility of keynote and characteristic symptoms were found effective in treating chronic cases.
- The aim of case taking is to individualize the patient and in these process keynotes of the case made it easy. Dr. J.T Kent has said –

“You cannot individualize unless you have that which characterizes”

In all the cases, keynotes were used to find the Simillimum or small set of similar remedies but ultimately totality of symptoms decided the final selection.

- I also observed that keynotes are not only present in chief complaints or personal history of patient but can also be found out in Past history and personal history of patient.

Utility of Tuberculinum in case with family history of Tuberculosis.

- During practical part of study, I was able to handle -Case of asthma with very bad dyspnea.

-Case of renal calculi in which recurrent UTI was reduced in few days and stone was dissolved almost in 1^{1/2} month which was confirmed by USG report.

-Case of Osteoarthritis, eczema, Asthma and many other cases I had seen.

All such cases have increased my confidence and will be helpful in my future practice.

Thus, I conclude by saying that prescription on the basis of keynote and characteristic symptoms in Homoeopathy has very good scope in management of chronic diseases and the result of the study was good as patient showed good improvement under Homoeopathic treatment.

VI. SUMMARY

- In the beginning of the study, going through extensive literature review aims and objective were decided. Then detail methodology with method and material of research study was made under the various headings of theoretical study/clinical study/ case definition/ sampling procedure/ selection of remedy/dose and strength/ preparation and administration of drug/ storage/ declaration/ clinical protocol/ inclusion and exclusion criteria/ general management/ and criteria for follow up.
- In the first phase theoretical study was completed, in which detail information about concept of keynotes and characteristics were done.
- In the review of literature all the aspect regarding keynote and characteristic symptoms were discussed in detail.
- Views of various stalwarts from past to present era have been detailed.
- In the second phase practical study was completed. This study was one by one practically treating the patients and by collecting the data. Standard Case Performa, patient's information sheet, informed consent form is taken into consideration.
- The observations have been explained with the basis of tables, pie diagrams and bar diagrams.
- Discussion of the cases that are used in the study for quick glance as to what has been drawn out of the treatment and follow up, thus it would help in conclusion,

- The dissertation was completed by the chapter Abbreviations, Bibliography and Appendix.

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