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## A complete review of modality

**Dr. Biplab Kumar Das and Dr. Ajoy Kumar Mondal**

### Abstract

Homoeopathic system of treatment is based on matching sick person's totality of symptoms with the most similar drug's (similimum) symptomatology. Though it sounds simple, but the art of framing a rational & comprehensive totality of symptoms (of diseased individual) is the toughest job for a homoeopath. Totality of symptoms is not merely collection of all observable/ perceptible/ narrated symptoms; rather it is formed by those ones having therapeutic merit. The role of modality more important in the formation of totality and help the chosen the remedy.

**Keywords:** Modality, totality of symptoms, similimum

### Introduction

In the Homoeopathic treatment has no remedy for the name of a disease. It is based upon a natural law, and the true physician must prescribe in accordance with law of nature. Homoeopathy has no specific for any disease by name, but it has a true specific for each individual case of disease. That is, Homoeopathy does not treat fever, or any other disease, in the abstract, but applies medicine to the individual personality in that condition which produces or causes fever. To apply the homoeopathic remedy properly that condition of the individual patient must be known by the voice of nature speaking through symptoms. Certain symptoms are always present in any given disease; these points alone to the name of the disease. In every given disease there is another class of symptoms peculiar to the individual (one of the is modality) and differing in some way from those of other cases of the same disease. These symptoms show the individual characteristics of the patient and point exactly to the curative homoeopathic remedy. When these symptoms peculiar to the individual patient are known the homoeopathic remedy can be selected that will surely cure every curable disease, whether the disease be tumors, morbid growths or other skin diseases, or any form of chronic or acute disease peculiar to man, woman or child. So modality is a general symptoms which one of them of above peculiar characteristic symptoms & may helps us to the totality of symptoms & to reach the selection of the similimum.

### What is modality?

1. Origin – early 17<sup>th</sup> century
2. Modal quality Or A form of sensory perception Or A particular mode in which something exists or is experienced or expressed.

These types of modality may help us to the diagnosis & management of the disease. But in Homoeopathic point of view not help us to reach the remedy.

### Modality According To Homoeopathic Point of View

- A condition that makes the ill person or a particular symptom better or worse; a circumstance giving rise to an increase or decrease of a symptom.
- Amongst the modalities, causative factors, predisposing as well as precipitating, rank first; the aggravation next while amelioration last.
- On the other hand, a strong, persistent and peculiar modality helps you to get a curative remedy straightway
- **Position related modality**, such as the strong aggravation of most symptoms by standing, of Sulphur and Valerian.
- The aggravation of lying on the right side, of Merc.; the peculiar aggravation of Phos. when lying on the left, yet aggravation of the head symptoms when lying on the right.
- To be of any value as a general symptom, the patient as a whole must be markedly influenced by these, and if only one organ is so affected they take only low rank, being particulars.

- A time to decide which is the true remedy. It may be the morning aggravation of Chel., Natr. mur., or Nux, or the evening one of Bry., Bell., or Puls. - perhaps coupled in the latter remedy with the exceptional aggravation of the stomach symptoms in the morning.
- Or if we find the cases characterized by periodic return of the symptoms - whether it be daily, as in Aranea; or on alternate days, as in Chininum sulph. or Lyc.; or every two weeks, as in Ars. or Lach. - we here, again, have a general of the greatest value.
- Other examples of this raising of the rank of common symptoms are where the common symptom is associated with a peculiar modality, such as the chilliness of puls., worse near the fire.
- The patient is worse and the headache worse in the presence of other people, a "characteristic general" symptom. The patient feels better and the headache is relieved in the open air, a "common general" symptom
- Common symptoms are valueless from the point of view of homoeopathic prescribing unless qualified by

modalities.

E.g In a case of spasmodic asthma, an aggravation from lying down is so common as to be valueless in the individualizing of the remedy; but, if we find there is much relief from lying down with keeping arms stretched far apart, as in Psorinum, or from assuming the knee-elbow position, as in Medorrhinum, then these, being peculiar and characteristic, will be invaluable.

The symptom often becomes peculiar or characteristic through its modality.

- Common symptoms may become peculiar where their circumstances are peculiar. e.g. trembling at any time or all time of body but trembling when agg. Before or during or after menses or storm or stool or urination, is rare & strange.
- Differential modality is of highest value in final analysis. Pulsatilla & cyclamen modality are totally opposite

Modality - According to diseases point of view

Diseases	Modality
Peptic ulcer	Pain at night during sleep, empty stomach Pain relived by food, milk
Duodenal ulcer	During winter months pain most prominent but it disappear in summer.
IBS	Agg. when most of patients are in mental stress or anxiety
Hypothyroidism	Agg. in cold weather
Hyperthyroidism	Agg. in hot weather
Hyperthyroidism	Agg. cold weather or change of weather, night
Hypertension	Agg Mental stress, cold weather
Arthritis	Agg. Any weather change cold weather (moist or dry)

Psoriasis	Agg in winter season
Acne	Agg. Summer season
Pitriasis	Agg in moist weather
Headache	Agg in Mental stress
Diarrhoea	1. In temperate climates – Bacterial diarrhoea occur more in the warm season. Viral diarrhoea – In winter(rota virus) 2. In tropical area - rota virus diarrhoea occurs throughout the yr. increase in dry, cold weather Bacterial diarrhoea peak summer, rainy weather

**Classification of Modality**

- Modalities may be classed either as -generals or particulars.
- Depending upon whether they affect the patient as whole or only certain parts of the body.
- Sometimes general modality differ from particular modality
- Such as in Arsenic. agg. from cold in general but in headache, which is amel. by cold bathing

**Various kinds of are modalities as follows**

- Thermal modalities relate to reactions to heat and cold. Heat may aggravate or give relief, cold likewise, and these effects are highly characteristic of individual remedies.
- Meteorological modalities are of great importance, the effects of weather changes, wet, wind, thunder, sea-air, and the like.
- Metabolic modalities include effects of eating, drinking, sweating, sleep, stools, menstruation. These are often quite definite whether as aggravation or amelioration, and are associated with particular remedies.
- Physical modalities also frequently point clearly to a particular remedy, such as the effects of rest, posture,

active movement, passive movement, exertion, jolt or jar.

- Psychological modalities are often significant, such as effects of excitement, anxiety, fright, frustration, grief, rage and other forms of emotional or mental stress.
- Chronological modalities are often worthy of note, aggravation or relief being definitely related to hour of the day, season of the year, even, in some cases, phase of the moon.
- One or more outstanding modalities will often prove the deciding factor in the final choice of a remedy in any particular case.

**Modality explain by our different stalwarts According To Dr. Samuel Hahnemann**

Dr. Hahnemann discus about modality in organon of medicine in aph. 82 -104, specially in aph.86, 89 FN, 93 FN, 94 FN & also in aph.133

He discus in aph. -86 i.e.

- At what period did this symptom occur?
- At what time of the day or night, and in what position of the body was it worst, or ceased entirely ?
- What was the exact nature of circumstance?
- In aph. 89 FN-

- How he do's feel, immediately after waking from sleep?
- How often dose this or that symptoms occur?
- What is the cause that produces its each time it occurs?
- Does it come on whilst sitting, lying, standing, or when in motion?
- Only when fasting, or in the morning or only in the evening or only after meal, or when does it usually appear?

#### According to Dr. Boenninghausen

Boenninghausen evaluated the complete image of a disease under seven rubrics. He called them "hexameter" for homoeopaths in "The lesser writings of C.M.F. Von Boenninghausen":

1. Quis
2. Quid
3. Ubi
4. Quibus auxiliis
5. Cur
6. Quomodo
7. Quando

But quomodo & quando are discus which are related to the topic

#### Quomodo

It means the modifying factors, means the factors which aggravate or ameliorate a particular condition, it does not include the time modalities

**Quando** It means the time of appearance, of the aggravation or the improvement of the ailments.

- But it is concerned with two momenta which have an immediate effect on the choice of the remedies, namely: (a), the periodical return of morbid symptoms after a longer or shorter cessation, and (b), the aggravations and alleviations depending on the time of the day.

#### According to Dr. J.T.KENT

- He said that -The symptoms that are next most important are those related to the entire man and his entire body, or his blood and fluids: as sensitiveness to heat, to cold, to storm, to rest, to night, to day, to time. They include both symptoms and modalities. (Kent's lesser writing)
- Many times you will find that the modalities of each organ conform to the generals.
- Sometimes, however, there may be modalities of the organ, which are particular that are opposed to the generals.
- What The Doctor Needs To Know In Order To Make a Successful Prescription
- Section 5 : better or worse
- This section refers to each disease, each sickness and to every symptom. No matter the trouble may be it is necessary to refer to this section. Be sure that the aggravation or amelioration you notice is from the cause given.
- The time of an aggravation or amelioration refers to the year, the month, the week, the day, the night, or the hour. State at what time your trouble, or any single symptom, is better or worse.
- State what season of the year, what time in the month, whether the phases of the moon cause either,

- What part of the week, what hour of the day or night the trouble or single symptom comes on, or is made better or worse.
- Is there any position which you may assume that causes the trouble or any single symptom to be better or worse? It may be when you first lie down, or after lying down awhile, or rising up after lying down
- On sitting down, after sitting awhile, or on rising after sitting; standing, after standing awhile, or on sitting after standing;
- Walking- walking much, walking in the house or in the open air, or in cold or warm air, or at night;
- Running- running rapidly or slowly
- When stooping over, after stooping, or on rising from stooping
- Leaning the head backward, forward, to one side, or Leaning the head on the table or the hand
- Lying with the head high or low
- Lying in some particular position
- Crawling on the hands and knees; or some other of many possible positions
- Does anything cause the trouble or a single symptom to be better or worse?
- It may be reading, writing, music, ascending or descending the stairs or a hill, biting the teeth together, blowing the nose, before or after one of the meals, breathing, breathing deeply, when chewing food, when eating or drinking, closing or opening the eyes, looking up, down or sideways,
- From heat, cold, from warm or cold air, heat of the stove or sun, dry or moist air, going into a warm room,
- From excitement, fright, grief, sorrow, fasting, some kind of food or drink, motion or quiet, from gratification of the passions, scratching, rubbing, beginning of sleep, during or after sleep, loss of sleep.
- Before or during a storm, thunder storm, snow storm
- Talking, singing, hearing others talk or sing, music, touch, turning over in bed, covering up or uncovering, wet, dry, windy, or clouding weather. etc

#### According To Dr. H. A.ROBERTS

- In analysing the case, very valuable symptoms are those pertaining to the aggravations and ameliorations,
- Because the aggravations and ameliorations are the natural modifiers of diseased states and are the definite reaction of the man himself.
- We must take into consideration that every symptom of note has these modifying conditions of aggravation and amelioration,
- As to time, the time of day,
- The time of season,
- The time of the moon;
- The aggravation or amelioration from thermic conditions
- From motion or rest, of the part affected or of the condition as a whole
- From lying down or sitting or standing, and the positions taken during such conditions, waking or sleeping, and the aggravation and amelioration from such positions and circumstances.
- The various positions in motion that aggravate or ameliorate.
- The desires or aversions to eating and drinking, especially in feverish conditions; aggravations from

certain foods and drink. These are all modifications that are of the utmost importance in evaluating the symptoms.

- Modalities again are always generals, for they are the natural modifiers of the case. "Where there are no generals," says Kent, "we can expect no cures."
- According to Dr. E. WRIGHT -
- She discus in the outline for taking the test

**Modalities as applied to**

- Aggravation or amelioration
- time (hour, day, night, before or after midnight); periodicity; seasons; moon phases
- Temperature and weather : Chilly or warm blooded usually, chilly or warm blooded in present illness;
- wet, dry, cold, or hot weather : weather changes; storm or thunder storm (before, during or after); hot sun, wind, fog, snow, open air, warm room, changes from one to other, stuffy or crowded places, drafts, warmth of bed, heat of stove, uncovering.
- Bathing (hot, cold or sea), local applications (hot, cold, wet or dry)
- Rest or motion (slow or rapid, ascending or descending, turning in bed, exertion, walking, or first motion, after moving a while, while moving, after moving), car and seasickness
- Position: Standing, sitting, (knees crossed, rising from sitting), stooping (rising from stooping), lying (on painful side, back, right or left side, abdomen, head high or low, rising from lying), leaning head backward, forward, side-wise, closing or opening eyes, any unusual position such as knee chest.
- External stimuli: Touch, hard or light, pressure, rubbing, constriction (clothing, etc.), jar, riding, stepping, light, noise, music, conversation, odors.
- Eating: In general (before, during, after, hot or cold food or drink), swallowing (solids, liquids, empty), acids, fats, salt, salty food, starches, sugar and sweets, green vegetables, milk, eggs, meat, fish, oysters, onions, beer, liquor, wine, coffee, tea, tobacco, drugs, etc.

- Thirst, quantity, frequency, hot, cool or iced, sours, bitters, etc.
- Sleep: In general (before, during, on falling, asleep, in first sleep, after, on waking)
- Menses (before, during, after, or suppressed)
- Sweat: Hot or cold, foot-sweat, partial or suppressed
- Other discharges: Bleeding, coryza, diarrhoea, vomitus, urine, emissions, leucorrhoea, etc.; suppression of same
- Coition, continence, masturbation, etc.
- Emotions: Anger; grief, mortification, fear, shock, consolation, apprehension of crowds, anticipation.

**Modality Vs Miasms**

**Psoric miasm**

**Agg.:** Sunrise to sunset, morning winter, movement mental excitement, worry, Anxiety, fear Before menses, strong smells

**Amel.:** Natural discharges (sweats, urine, Stoll, Menses) Warmth both internally & externally Summer, hot applications rest, lying down Eating

**Sycosis miasm**

**Agg.:** Rest, during thunderstorm, cold, rainy season, damp weather, damp place.

**Amel.:** Slow movement or walking, pressure, heat, pathological elimination brings rapid improvement –e.g. catarrh, return old ulcer etc.

**Syphilitic miasm Agg:** night, sunset to sunrise, summer, seaside, sea voyage, movements, warmth of bed, natural discharges (stool, urine, sweat).

**Amel.:** Daytime, Change of position, Cold, winter.

**Tubercular state Agg:** Night, thunderstorm, excitement, artificial light, closed room

**Amel:** Dry weather, open air, external heat, outbreak of offensive foot or axillary -sweat, nose bleeding.

Some examples of modality from our Homoeopathic Materia Medica are as follows –

Drug	Modality
<i>Aconitum napellus</i>	- Better in open air; worse in warm room, in evening and night; worse lying on affected side, from music, from tobacco-smoke, dry, cold winds.
<i>Allium cepa</i>	Aggravation. Predominantly in the evening and in warm room (Puls.-in open air, Euph.). Amelioration. In cold room and open air (Puls.).
<i>Apis mellifica</i>	Aggravation. After sleeping (Lach.); closed, especially warmed and heated rooms are intolerable; from getting wet (Rhus), but better from washing or moistening the part in cold water. Amelioration. Open air; cold water or cold bathing; uncovering; pains by coughing, walking or changing position; when sitting erect.
<i>Argentum nitricum</i>	Aggravation. Cold food; cold air; eating sugar; ice cream; unusual mental exertion. - Amelioration. Open air; craves the wind blowing in his face; bathing with cold water.
<i>Bryonia alba</i>	Motion, exertion, touch; cannot sit up, gets faint or sick or both; warmth, warm fold; suppressed discharges of any kind Amelioration. Lying, especially on painful side (Ptel., Puls.); pressure; rest; cold, eating cold things
<i>Calcarea carbonica</i>	Aggravation. Cold air; wet weather; cold water; from washing (Ant. c.); morning; during full moon. - Amelioration. Dry weather; lying on painful side (Bry., Puls.).
<i>Causticum</i>	Aggravation.-In clear, fine weather; coming from the air into a warm room (Bry.); cold air, especially draft of cold air; on becoming cold; from getting wet or bathing. Amelioration.-In damp, wet weather; warm air.
<i>Ledum palustre</i>	Better, from cold, putting feet in cold water. Worse, at night, and from heat of bed.
<i>Lycopodium clavatum</i>	Worse, right side, from right to left, from above downward, 4 to 8 p.m. ; from heat or warm room, hot air, bed. - Warm applications, except throat and stomach which are better from warm drinks.

	Better, by motion, after midnight, from warm food and drink, on getting cold, from being uncovered
<i>Medorrhinum</i>	Aggravation. When thinking of it (Helon., Ox. ac.); heat, covering; stretching; thunder storm; least movement; sweets; from daylight to sunset (rev. of Syph.). - Amelioration. At the seashore (rev. of Nat.); lying on stomach; damp weather (Caut., Nux).
<i>Natrium muriaticum</i>	Aggravation. At 10 or 11 A.M. ; at the seashore or from sea air; heat of sun or stove; mental exertion, talking, writing, reading; lying down. Amelioration. In the open air (Apis, Puls.); cold bathing; going without regular meals; lying on right side (on painful side, Bry., Ign., Puls.).
Sulphur	Aggravation. At rest; when standing; warmth in bed; washing, bathing; changeable weather (Rhus). Amelioration. Dry, warm weather; lying on the right side (rev. of stan.).

Now, discuss about various types of repertory related to modality which may helps to the selection of similimum But, a repertory should not take the place of the Materia Medica, it ought only to serve as a guide by whose help the physician may know where in the Materia Medica he is to seek for the remedy which will probably cover the totality of the symptoms. Some repertory discusses as follows –

### C.M.F. Von Boenninghausen's Therapeutic Pocket Book for Homoeopathic Physician.

This repertory contains seven parts but modality contains in part 6 –Alterations of the State of Health, Which contain in –

- I. Aggravations According to Time
- II. Aggravations According to Situations and Circumstances
- III. amelioration by position and Circumstances,

### Repertory to the Modality in Their Relation to Temperature, Air, Water, Winds, Weather & Seasons.

Based mainly upon Hering's condensed materia medica With Additions from Allen, Lippe, & Hale. Compiled and arranged By Samuel Worcester

This repertory contains 15 numbers of chapters, such as -  
The sun, effects of its heat & light, external heat or warmth, Becoming warm,  
Cold application, Food & drink, Being covered, uncovered & undressed, In room & entering room, Effects of open air, The weather, Water, The seasons, New or full moon, Effects of thunderstorm etc.

### Kent's Repertory of The Homoeopathic Materia Medica

Various types modality (general or particular) related rubrics are situated in all chapters from mind to generality. in

#### Mind – Anxiety

Cheerful

Darkness, agg.(see Fear)

Fear

Magnatizd desires to be (P-63)

Mortification, ailments after (p-68)

Talking, complaints all agg (p-86)

Narrating her symptoms agg (P-68)

Thunder strom before and during (P-88)

Thinking, complaints, of, agg, (P – 87)

amel. (P -87)

#### Vertigo

Dark Room, On Entering

Menses Before, During, Amel

Smoking, From

Warm Bed Amel.

#### Throat

Pain

#### Stomach

Heartburn

Hiccough

Idigestion

Nausea

Pain

#### Respiration

Difficult

#### Back

Clodness

Heaviness, Weight

Pain

#### Perspiration

Anxiety

Closing, After

#### Generalities

Daytime

Bathing

Brakfast

Cloudy Weather Agg.

Menses

Riding, Sleep, summer, In., Wine Etc.

### Boogar Boenninghausen' Characteristics & Repertory

This REPERTORY contain 53 sections, almost every section contain time, aggravation, amelioration. Also section no. 51 contains –conditions in general time & section no. 52 contains – conditions of agg. & amel. in general.

#### Conclusion

Only modality we can't reach the similimum, but it clue the pathway for formation of the totality & selection of the similimum. But only strong peculiar modality can cure the case, especially in acute case & when retrospective analysis of this case come out the same remedy. No prescription can be scientifically based upon single symptom & the totality of the symptoms must be done for the correct selection of the remedy.

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