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The practicability of causation in homoeopathy- A case report

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Abstract

Of all the medical systems, homoeopathy places the most emphasis on cause. One of the components of symptoms is causation, which, when present and strong, is very helpful in the remedial diagnosis. To date, we have found several effective cures using medicines chosen based on this principle. In the end, we might be able to relieve a lot of our problems if we concentrated on maintaining general health throughout our bodies. Simply put, if the underlying reasons of the symptoms are not treated, they will never go away, and in severe situations, patients may wind up taking dozens of medications without ever feeling better. A 12-year-old girl suffered a leg injury that resulted in a classical instance of leucoderma throughout her body. Arnica 200 was used to treat the cause alone.

Keywords: Vital force, homoeopathy, dynamic cause, susceptibility, miasm

Introduction

The term "cause" has long been used in the medical industry. Doctors were aware that diseases require a cause in order to exist. Every significant advancement and discovery stems from the inquisitiveness underlying the inquiry "WHY." [The Reason]. An old saying states, "No smoke could be there without fire." The idea of "Tolle causam"—remove the cause—was widely held by orthodox medical professionals. They thought that illnesses might be treated by eliminating their underlying causes. Nevertheless, they later committed the error of suggesting that ailments could only be cured by eliminating the germs. However, homoeopathy takes a step farther and disseminates the idea that a cause exists at the dynamic level that activates well in advance of the microbial invasion. To cure a patient, this dynamic cause needs to be eliminated. According to the theory of homoeopathy, all diseases stem from the vital energy being deranged by living, toxic forces known as miasms. This is the actual source of the illness that manifests as a consequence. Thus, tollecausam is relevant to both homoeopathy and conventional medicine; yet, in homoeopathy, the removal of a dynamic cause is more important than the removal of a material cause.

Causation is another homoeopathic expression of cause; it refers to the elements that result in a particular patient's symptom. We are aware that a symptom's components include its location, feeling, modalities, concomitants, and cause. It is not necessary for a particular symptom to include every one of these elements. The stimulating causes that can cause symptoms to appear in a sensitive or susceptible person are the causations and modalities listed in the *Materia medica* as well as in the repertories. Because of our heightened sensitivity to the outside world and our unique vulnerability to stimuli resulting from our miasmatic background, our bodies respond to them accordingly. The latent psora can be activated by certain external stimuli, in which case the symptoms and indicators appear on the outside. In this case, the patient's symptoms and signs can be treated with the recommended medication to bring about a cure.

Sources of causation

The following are the sources of causation.

1. Details told by the patient.
2. Information from the bystanders.
3. Understood by the doctor by logical thinking.
4. Perceived by clinical examination.
5. Impressions from the lab investigations.
6. From a second opinion by another doctor.

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Stalwarts explanation on causation

Hahnemann: He provided various insights on the topic of causation in the Medicine of Experience. Dr. Hahnemann describes the acute illnesses that might strike a person after being exposed to harmful substances. A surplus or deficiency of food, physical trauma of any kind, annoyances, feelings, etc., can all serve as stimulating factors. He claims that the latent psora, which was previously inert, actually exploded as a result of these outside forces ^[5].

Boenninghausen

He classified disease causes into two categories: internal and exterior. Idiosyncrasy and general natural tendency are referred to as internal causes (proximate cause). We also refer to the external causes as sporadic causes. He underlined how crucial it is to analyze the situation and make prescriptions based on the conditions or causes of the symptoms ^[6].

Kent

According to Kent, eliminating all of the symptoms equates to eliminating the underlying cause. If the disease's causes aren't eliminated from start to finish, it may spread. This contains Hahnemann's initial claim regarding the treatment of disease, which states that the disease's consequences are eliminated by permanently eliminating all of the symptoms, eliminating the source and restoring order to the body. The cause must be eliminated in order to eliminate the entirety ^[4].

C.M. Boger

He brought the concept of causation into homoeopathy and placed appropriate emphasis on time, general modalities, and causation. He felt that this method was more realistic and well-established. Boger suggested that in both situations and medications, causation and temporal aspects are more certain and trustworthy. Boger says that there are two types of causes: captivating and miasmatic. "When taking the case, we should first try to elicit the evident cause and course of sickness and all which now to interfere with the patients comfort," he underlines in his synoptic key.

O.E. Boericke

When a rubric is broad in scope, it is provided in his repertory in the following order: cause, type, location, character, concomitant conditions, and modalities. The independent indication of the reason makes it helpful for prompt prescription ^[6].

Stuart close

He stated that the science of logic has a very important relation to medicine in the matter of assigning the causes of

disease, upon which as far as the treatment is based. Stuart's "Law of Causation" is "Every effect has a number of causes" ^[7].

Vithoukas

Vithoukas asserts that there are multiple approaches to approach a case, including examining its essence, the entirety of its symptoms, its hallmarks and peculiarities, and its etiology. One can firmly consider these symptoms of causality. These serve as the basis for determining the appropriate treatment, which frequently entails neglecting other symptoms in order to provide a treatment that addresses that cause. He used a man who experienced hearing loss following a fall that happened 20 years ago as an example. He later acquired a duodenal ulcer as well. Arnica was prescribed based on etiology, which not only helped him hear better but also healed his gastrointestinal issues, which had really arisen five years after the fall. Using this etiological prescription as an example, he says, "It does not matter that it took much longer for the stomach symptoms to develop as a result of the fall as the fall is still the primary causation" ^[8].

It is not always feasible to confirm causation, of course, and it is not always straightforward. Nonetheless, much care has been used, considering every word the patient has said.

Case Report

A female child 12 years old, residence of Pune came to the hospital opd on 30-08-2023 with complaints of white patches on both the legs since a month. The complaints started after injury on the right leg anterior aspect, when girl was hit with a stone by her brother while playing. There was bleeding from the wound, girl was taken to nearby GP, dressing was done. After 15 days of the injury mild hypopigmentation begun from the injured area, and slowly went on increasing, No any other complaints. After few day a small lesion begin to appear on left leg surprisingly on the anterior aspect, a small leuderma patch on back. Then father consulted the dermatologist and she was given ointment for external application. But even after 2 months of the treatment the lesion went on increasing. Then she was referred to Skin OPD of A.M. Shaikh Homoeopathic hospital Belgaum.

There was a doubt about injury as the cause of the lesion, so detail case history was taken and it was repeatedly confirmed about the injury on the site of the lesion. Father was very much firm that injury only is the cause for the lesion. The general physical and systemic examination was done, no any abnormality detected. On local examination a hypopigmented lesion of almost 2 inches by 1 inch in diameter on right leg and a small lesion on left leg, and 2 small lesions on the back as shown in the fig. 1 and fig 2



Fig 1 and 2: The case was begun with homeopathic remedy based on the causation, Arnica 200c 3 doses in a day along with placebo for 15 days was given on 30-08-2023

Patients called after few days telling that there is slight improvement in the lesions, sent the photographs. Following photographs were sent on 30-09-2023. Arnica 200c along with placebo for 2 wks was given.



Fig 3 and 4: Patient came to belgaum on 22-10-2023. There was progressive improvement in the lesion as shown in fig.5 and fig.6 and it was so healthy improvement in the lesion, deserve appreciation.



Fig 5 and 6: Arnica 200c 3 doses in a day and placebo was continued.



Fig 7: Last photos were taken on 10-02-2024. Infact patient did not report because she was completely better

Conclusion

It's important to treat symptoms. But treating a symptom and not its cause is like putting a picture over a hole created by termites. You no longer see the hole, but the termites are still there, eating away. If we don't want to fall into this trap, we need to change the way we think about our approach to health care. The above patients response towards the homoeopathic treatment was ideal and prompt to achieve cure.

Declaration of patient's consent

Taken

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Conflicts of interest

None declared

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