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## Relationship of remedies: A “key” to success

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### Abstract

**Aim:** Utility of Relationship of remedies in effective Homoeopathic management.

**Materials and Methods:** The subjects for this study have been selected from outpatient department, in-patient department and peripheral centres as per the inclusion criteria.

Total number of 30 cases was selected by random sampling technique. The data was collected based on the chronic cases and followed by remedies related during the second prescription and recorded in the required case format. According to the case format, cases were analyzed, synthesized and management was instituted and treated Homoeopathically.

Follow ups were watched and interpreted as per criteria set up in each case. Total duration of study for each case was been kept for 4-6 months unless the patient shows dramatic improvement before the scheduled time. All the patients were directed to continue with the same diet as earlier. No specific supplementary diet advised. Effectiveness of the treatment was assessed on the basis of Clinical improvement, disappearance or relief of symptoms, improvement of general health of the patient.

**Result:** Thirty patients, who attended the OPD and rural centers, were taken for the study. This study has been conducted during the period of 1 year. The statistical analysis made here is based on the data's obtained from these thirty patients.

A total of 30 cases were taken for the study for a period of 4- 6 months in the case records were maintained.

### Out of 30 cases

- 16 cases were follow well, out of which 3 were males (10%) and 13 were females (43.33%) , of which all 16 cases improved (53.33%).
- 6 cases were complement, out of which 3 were males (10%) and 3 females (10%), of which all 6 cases improved (20%).
- 5 cases were follow well as well as complement, out of which 1 was male (3.33%) and 4 females (13.33%), all the 5 cases improved (16.67%).
- 1 case (3.33%) was antidote, which was a female, it didn't show perceptible difference.
- 2 cases (6.67%) were inimical, both females, didn't show perceptible difference So the result was, improvement of 27 cases (90%) and 3 cases (10%) didn't show perceptible difference.

**Keywords:** Utility of Relationship, Homoeopathic management, “key” to success

### 1. Introduction

The subject of relationship of remedies is one of the most fascinating in Homoeopathy and many aspects of it have been described in the literature.

As aptly quoted by Dr Clarke “The Homoeopathic Materia Medica consists potentially, we may say of anything and everything that may be found in the universe. Man himself epitomizes the universe and nothing in the universe can therefore be said to be unrelated to him. It is his business to find out the indications for the uses of the substances at his command and the methods in which they are to be prepared and applied”.

A vast amount of work regarding relationship of remedies has been done by stalwarts such like Boeninghausen, Allen, Hering, Clarke, Gibson Miller, Kent, Guernsey and Lippe, most of these work have been well appreciated and is useful in the practice of this rational system of medicine, but most stalwarts have not highlighted the other relations than complements.

### 2. Need for study

The relationship of remedies is most useful in second prescription, which is not well understood. Scientific Homoeopathic prescribers assert that there is a specific clinical relationship among Homoeopathic remedies. Hence prescription which follow a certain sequence are of much clinical importance as it may speed up the cure or even spoil the case. Hence a study on relationship of remedies is taken up to understand its role in day today practice.

Homoeopathy is primarily concerned with individualization of patients and one drug is to be selected for an individual sick person, the *simillimum* which covers him. But one single Homoeopathic remedy is not always enough to completely cover the natural disease.

The relationship of remedies is the least understood because not enough study has been conducted. Sometimes the data's available is confusing as same drug is complementary, inimical and antidoting to one drug.

A successful second prescription depends upon the meaningful knowledge of remedy relationship which is lacking in many of us. A proper clinical knowledge of remedy relationship will help us in correct prescription. This term second prescription is very well known to all of us, but its real utility, and practical importance is not well known.

It not only helps in second prescription, but in first prescription since it helps in the proper planning of the next remedy to be prescribed.

**3. Aims and Objectives**

- To understand the relationship of remedies in clinical practice.
- Utility of relationship of remedies in effective Homoeopathic management.

**4. Materials and Methods**

**4.1. Sources of data**

The subjects for this study have been selected from out patient department, in-patient department and peripheral centres as per the inclusion criteria.

**4.2. Method of collection of data**

Total number of 30 cases was selected by random sampling technique. The data will be collected based on the chronic cases and followed by remedies related during the second prescription and recorded in the Case Record. According to case format, cases were analyzed, synthesized and management was instituted. Treatment has been given Homeopathically.

**4.3. Inclusion criteria**

1. The sample of both sexes of age group between 15-70 years.
2. The complementary remedies.
3. Follow well remedies.
4. Inimical
5. Antidotes
6. Duration.

**4.4. Exclusion criteria**

1. Subjects who are terminally ill.

2. Subjects with advanced pathological changes.

**4.5. Follow ups**

Follow ups were watched and interpreted as per criteria set up in each case. Total duration of study for each case has been kept for 4-6 months unless the patient shows dramatic improvement before the scheduled time.

**4.6. Diet and Regimen**

All the patients were directed to continue with the same diet as earlier. No specific supplementary diet advised.

**4.7. Assessment of Effectiveness**

Effectiveness of the treatment was assessed on the basis of Clinical improvement, disappearance or relief of symptoms, improvement of general health of the patient.

**5. Discussion**

The relationship of remedies is most useful in second prescription, which is not well understood. Scientific homoeopathic prescribers assert that, there is a specific clinical. Relationship among Homoeopathic remedies. Hence prescription which follows a certain sequence are of much clinical importance as it may speed up the cure or spoil the case. Hence a study on relationship of remedies is taken up to understand its role in day today practice.

A proper clinical knowledge of remedy relationship will help us in prescription. Relationship of remedies which include follow well, complementary, inimical and antidotal relationships as per the inclusion criteria were considered.

This study was conducted on the patients who attended the OPD. The patients, between the ages of 15 -70 were selected for the study. Both the sexes are included.

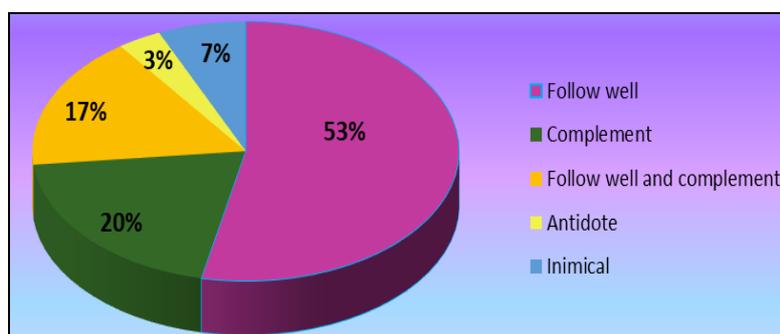
A total of 30 cases were taken for the study for a period of 4- 6 months. The case records were maintained.

According to the literature, the Gibson millers chart of relationship of remedies was considered from Boericke's Materia Medica for the analysis of given case regarding the remedy relationship and its duration.

Considering the Relationships, mainly as per inclusion criteria the following relations are taken with random selection of the case.

**Table 1:** Distribution of cases according to remedy relationships

Relationship	No of cases	Percentage
Follow well	16	53.33
Complement	6	20
Follow well and complement	5	16.67
Antidote	1	3.33
Inimical	2	6.67
Total	30	100

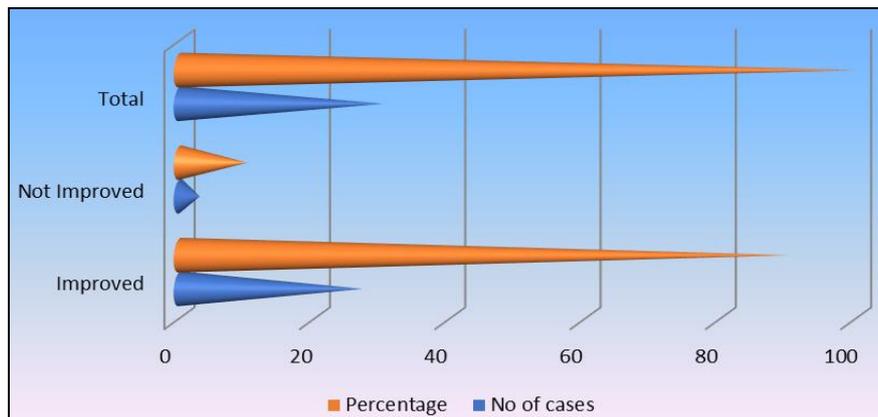


**Fig 1:** Distribution of cases according to remedy relationships

The distribution of thirty cases according to each remedy relationship were as follows; 16 cases were follow well remedies (53.33%), 6 cases were complement (20%), 5 cases were complement as well as follow well (16.67), 1 case antidote (3.33%), 2 cases were inimical (6.67%).

**Table 2:** Distribution of cases according to effectiveness of the study group

Diagnosis	No of cases	Percentage
Improved	27	90
Not Improved	3	10
Total	30	100



**Fig 2:** Distribution of cases according to effectiveness of the study group

Out of thirty cases studied, majority cases improved 27 (90%), only 3 (10%) cases not Improved.

As literature reveals that a great amount of work is done by stalwarts in relation to complements, follows well and antidotes, whereas relations like collateral, intercurrent, inimicals, concordance, remedies in series (complementary relations) are not given equal importance. Since the stalwarts had a different individual view of the different remedy relations according to their clinical practice.

Many stalwarts also had a different approach in potency selection in their clinical practice because of which even today potency selection has been confused by many of us as regarding the application in relationship of remedies. Potency selection mainly depends upon the individual susceptibility. Some suggest that the high potency of the same remedy acts as an antidote, whereas others suggest that the low potency of the same remedy acts as an antidote. Only few stalwarts like Gibson miller, Boericke have mentioned about the action duration of the remedies which is least understood by us in day today clinical practice.

The study revealed that the follow well relations were more frequently used relationships followed by complements. These relations of follow well, complement and both together are a friendly relationships used in day today practice. But the relations like inimical and antidote are rarely found, in less percentage of the cases.

The study confirms the knowledge of acute complement of chronic remedies like Belladonna and Calcarea. Similarly acute remedies of chronic complements in case of Nux vomica- Lycopodium, Rhus tox- Calcarea, Nux vomica- Sulphur, Ignatia- Natrum mur.

As mentioned in the literatures, the relationship of remedies helps in the second prescription in management of cases Homoeopathically. It also helps in finding the related acute and chronic remedies.

## 6. Limitations

- As per the medical ethics inimical relation was given accidentally, which is ascertained in 2 of the cases, which shouldn't be given since it is not beneficial.

- Demand of proper maintenance of record especially about treatment plan.
- Since the duration is limited thorough study couldn't be done.
- Literature has not given clear information of the complex and diverse relations.
- Few cases of follow up were not regular so assessment of drug action could not be controlled.

## 7. Recommendations

- Bigger sample with extended time of research would provide better result
- The relationship of remedies is a vast topic, since the time is limited. Only one relationship at a time would have been better.
- Enhancement of study is required on collateral as well as concordant relations on the basis of individual drug families and its origin.
- Study based on Intercurrent remedies depending on miasm is required.

## 8. Conclusion

These are the findings of this study on relationship:

The distributions of 30 cases according to each remedy relationship were as follows;

- 16 cases were follow well remedies (53.33%)
- 6 cases were complement (20%)
- 5 cases were complement as well as follow well (16.67%)
- 1 case antidote (3.33%)
- 2 cases were inimical relation (6.67%).

Considering this study almost 53.33% of cases were follow well remedies, 20% cases complement, 16.67% of cases complement as well as follow well, total of 90% cases with improvement.

Antidote (3.33%) and Inimical (6.67%), total of 10% cases without improvement.

Majority of the patients (90%) included in this study group showed improvement after Homoeopathic treatment.

## 9. Summary

A total of 30 cases were selected for the study based on inclusion and exclusion criteria. These cases were analyzed in different point of view, one case was explained in detail with help of case record.

### 9.1 At the end of the study there were certain conclusions arrived at

The most frequently used relationship was follow well, next complement. These two relations are frequently used in day today clinical practice in Homoeopathic treatment, which is most important in second prescription.

The other two relations, antidote is considered when there is Homoeopathic aggravation and inimical relations will help the medicine use cautiously.

Knowledge of the relationship of remedies will certainly enhance the percentage of results in homoeopathic practice. This result of the study conducted obviously highlights the understanding the relationship of remedies in clinical practice and its utility in Homoeopathic management.

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