



## PSEUDOCHRONIC DISEASE &amp; ITS HOMOEOPATHIC VIEW

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**ABSTRACT** Chronic disease, pseudo chronic disease and artificial chronic diseases are the three different areas and were first coined by Hahnemann. This concept is one of the conditionality that makes homeopathy unique among the medical streams. Pseudo chronic disease is the disease of modern world where we are living in a world of pollution of broad spectrum, addictions of innumerable addictable agents, modern living style, devoid of adequate exercise, indulgence adequately in sugar & sodium rich diets, developing a habit of emphasising on junk, chemical based food stuff, occupational problem & even many more. These above causes contribute largely in the growing population of obese, diabetics, hypertensive, low bone mineral density among the adult mass. We are today living on the tip of the volcano of the health problem. India is far-behind the WHO numeric of 1:1000 doctor patient ratios. In India, we have roughly 12 (Twelve) lakhs institutionally qualified doctors (allopathic doctors) and almost 6.8 lakhs of AYUSH qualified doctors (The aggregate on the number of Doctors surfaced recently during a Rajya Sabha session where the Minister of state in the Ministry of Health and Family Welfare Honourable Ashwani Kumar Choubey) with this large disproportion it is immensely needed to stress upon prevention than cure. It is also economically viable India's context. Therefore, massive awareness campaign and counselling campaigning are required to address this pseudo chronic disease related or life style related problem. Homoeopaths can do better in this area.

**KEYWORDS :** Pseudo chronic Disease, Chronic Disease & Homoeopathy

**PSEUDO CHRONIC DISEASE, WHAT IT IS:-**

Pseudo chronic diseases are inappropriate named of true chronic disease, defined as – The unhealthy state of body and mind affected from external stimuli or environment or internal stimuli, for short or long period are disappeared spontaneously under the appropriate mode without the administration of specific drug stimulus. In certain specific level both pharmacological and surgical intervention are required not only to overcome the problem but also to arrest the consequential conditionality's. For example – In case of morbid obesity, with BMI – more than 35+, the patient needs to be further evaluation for DMT2, hypothyroidism, increased lipid profile, renal health and surgical intervention like bariatric surgery, liposuction etc. to provide a new lease of life to the patient. Treatment and management are like the two aspects of a same coin. One's existence can never be admitted with the absence of another. Therefore, both are indispensable. Proper and routine exercise and dietetic regimen (DASH) in a case of obstinate hypertension can not only help to reduce the BP but also helps in minimising the scale of the dose already administers for a long time.

**APHORISM ANALYSIS: -Aphorism 77 (Organon of Medicine) states -**

“Those diseases are inappropriately named, which persons incur who expose themselves continually to avoidable noxious influences, who are in the habit of indulging in injurious liquors or ailments, are addicted to dissipation of many kinds which undermine the health, who undergo prolonged abstinence from things that are necessary for the support of life, who reside in unhealthy localities, especially marshy districts, who are housed in cellars or other confined dwelling, who are deprived of exercise or of open air, who ruin their health by overexertion of body or mind, who live in a constant state of worry. These states of ill health, which persons bring upon themselves, disappear spontaneously, provided no chronic miasm lurks in the body, under an improved mode of living, and they cannot be called chronic disease”.

**Aphorism “77” of Organon of Medicine:-**What it conveys:- (Pseudo chronic diseases)

TO BE AVOIDED	TO BE ENCOURAGED
Exposure to the avoidable noxious influences.	To take things those are necessary for the support of life.
The habit of indulging in liquors & other wrong habits.	To do regular exercise in the open air.
The addiction of many kinds which are injurious to health.	To lead an improved natural mode of living.
The abstinence from things which are necessary for support of leading a healthy life.	The improved mode of living ultimately & spontaneously help in the disappearance of symptom

To reside in unhealthy localities, especially marshy areas & to be housed in cellars or other confined dwellings.  
The overexertion of body & mind.  
To live in a constant state of worry (stress).

provided no chronic miasm is lurking.

**TRUE CHRONIC DISEASE & PSEUDO CHRONIC DISEASE:-****Aphorism “78” Organon of Medicine, states :-**

“The true natural chronic diseases are those that arise from a chronic miasm, which when left to themselves, and unchecked by the employment of those remedies that are specific for them, always go on increasing and growing worse notwithstanding the best mental and corporeal regimen, and torment the patient to the end of his life with over aggravated sufferings. These are the most numerous and greatest scourges of human race, for the most robust constitution, the best regulated mode of living and the most vigorous energy of the vital force are insufficient for their eradication.”

**Chronic diseases:-**

These are caused by chronic miasms and can be characterised by slow and gradual onset with imperceptible beginning with a long course of prodromal and deranges the minutest structures but never takes suddenly the life of the patient. [Taken from True chronic diseases are of three types – Psora, Syphilis and Sycosis.

The sole pathological process of Psora is due to derangement in functional sphere of the human body (functional pathology), the sole and basic pathological process of Syphilis is due to “underutilisation of micronutrients”, the sole and basic pathological process of Sycosis is due to over utilisation of micronutrients.

The pathological sequence in Syphilis is underutilisation → Deformation → Destruction and lastly demise & failure. Whereas In Sycosis, the pathological sequence is overutilisation → accumulation → deposition → localisation → rapid cell duplication → irregular cell duplication → irreversible pathological condition and lastly FAILURE. While Pseudo chronic diseases arise in persons due to whom – Expose themselves continually to avoidable noxious influences, - It included hazards like working in smoking areas/bars in industrially polluted areas in chemical factories producing toxic products, nuclear power reactors.

Ex. – Lung diseases,  
Asbestosis - Asbestos minor,  
Black lung disease – Coal miner,

Skin diseases – Eczema, Urticaria, Sun burn, contact dermatitis, etc.

Are in the habit of indulging in injurious liquors or ailments, -

Use of narcotic drugs and alcohol as a routine without realising the long term damaging effects.

Those who abstain from balanced diets and eat just few and selected foods or others get onto extreme diet protocol. Some people are too poor to afford balanced diets and simply it what they have in their back garden (most common in rural India). Malnourishment is a major problem in many areas of the world.

Those that live in marshy areas, small closed and confined houses that do not have adequate ventilation. This is so very common in large cities where land and housing is a premium. People live in shanty towns and slums where ventilation, sanitation and space are severely limited.

Those who do not get adequate exercise and exposure to open air and sun shine couch potatoes, busy executives, etc.

Those who are living a life so stressed and overworking with 2-3 different part time jobs, and too much of either physical or mental work and hence are moving towards the “burn out” syndrome.

Those who continue to drive themselves with constant worry and anxiety.

These are all conditions that give rise to pseudo chronic diseases that could easily disappear once the life style is regularised with enough of rest and exercise, bad habits curtailed and they eat fresh food in a balanced diet.

#### CLINICAL IMPORTANCE OF PSEUDO CHRONIC DISEASE:-

Until the later part of 20th century, the main causes of morbidity and mortality in the entire world have been epidemics of communicable diseases including typhoid, cholera, small pox, diphtheria, influenza, etc. Although some of these diseases remain epidemic in third world countries, industrialisation and progressive modernisation of many communities have resulted in major improvements in housing, sanitation, water supply, nutrition, etc. Discovery and availability of antibiotics as well as vaccines have radically changed the profile of many diseases. But extreme modernisation and rapid urbanisation gave birth to yet another most difficult, long lasting chronic problem known in homoeopathic prevalence “pseudo chronic disease”. Today the disease burdens have been shifted from the era of “communicable disease to non- communicable disease”. Today, the doctors have to develop a vision to judge a patient from non-communicable disease point of view. It is of high clinical importance. It works as predisposing factors and reduces the immunity of the person there by making them vulnerable, susceptible to allergens, pollutants, infective agents. No bacteria, no pathogen are supposed to enter and implant their foot-hold in the interior of the human anatomy. Therefore patients are advised to adopt appropriate natural methods of management with natural life style in food habits, environmental condition and even adopting natural system of medication with as far as possible with minimum medication i.e. preferably homoeopathy. It is also one of the reasons of overmedication by doctors. It so happen when medicines are prescribed/administer without addressing the portion of non-communicable diseases, then overmedication remains the only option. So, to minimise “the overmedication”, it is the only way to correct the life-style of the patients. Prioritizing the life-style modification is today's 1st protocol of treatment of any disease which ultimately will decide/lead to the effectiveness of the treatment by medication in preferably low and rational doses otherwise overmedication will automatically occur and there by the chances of appearance of iatrogenic diseases increases extremely. Dedicating the alcoholics, smokers, fast food (junk) eaters, with adequate exercise preferably under the morning/evening sun, and adequate supplementation of proper nutrition supplements and others as supportive therapy can provide a “BOOST” to the immune system. The obstacle to cure (Aphorism 4 of Organon of Medicine) is removed and the path for the small dose of minutest medicine can be allowed to go obstacle-free, hurdle free in the good going to the world of cure.

#### PHILOSOPHY OF PSEUDO CHRONIC DISEASE:-

TRUE CHRONIC DISEASES	FALSE (PSEUDO CHRONIC) DISEASES
Caused by chronic miasms.	Caused by multiple of factors which can be corrected by life style modification. Proper dietetic management. Avoiding the undesirable. Adaptation of exercise protocol like – even YOGA therapies. Environmental impacts.

Pseudo chronic diseases are basically life style related non-communicable diseases. The epidemic of infectious diseases which ruled and rained the world for over 10 decades with innumerable loss of precious human lives in mid-19th century to mid-20th century were largely been combated with the use of antibiotics of different spectrum. Today, we are living in an epidemic of non-communicable diseases. It is casting a big shadow in the health and economy of our country.

The basic philosophy behind Hahnemannian concept of pseudo chronic diseases since 250 years ago was crystal clear. His concept was basically chronic disease is of true and false in nature. Pseudo chronic diseases though begin with life-style errors but they could lead to irreversible pathological changes if not corrected in time. For example – Hypertension High blood pressure (with or without high cholesterol), excessive alcohol consumption and use of tobacco, junk food, fried and spicy food (High sodium diets – such as wafers, corn flex etc.), obesity and physical inactivity are direct and indirect consequences of modernisation. While these risks and the diseases are highly preventable if taken proper steps otherwise may lead to many terminal illness. Cardio-vascular accidents are one example among tip of the ice-berg. Today almost 30% of the adults of global population are suffering from hypertension.

Hahnemann had advised for a correction of the pseudo chronic disease characters first, and then followed by anti-miasmatic remedy in every individual case.

#### CONCLUSION:-

The growing health care consciousness among the people and planners both globally and more specifically in India have also shown its impact. The life expectancy of an average Indian has been systematically, but gradually going up. In 1947, during India's independence days the life expectancy of an average Indian was merely 50 years (fifty) only. It has gone up to 64.5 years in 2005, 66.5 years in 2010, 67.7 years in 2013 and in 2014 it was 68 years. Japan at present is at the top with 83.6 years in 2014 with 83.3 in 2013. The improved access to health care facilities and nutritional care has largely contributed. The imposition of strict legal measures yet another mile-stone. The various health awareness programmes and vaccines for different infectious diseases have also started reducing the disease burden. Various health care facilities for the world mothers, infants and children have also contributed a lot. Last but not the least, the growing demand for homoeopathic medicines in India and even abroad is an ample testimony of its role in health care delivery system especially in true chronic diseases, our approach to take care of the pseudo chronic related diseases on an individual typology system maintaining our prescription protocols is the take-home message of this assignment.

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