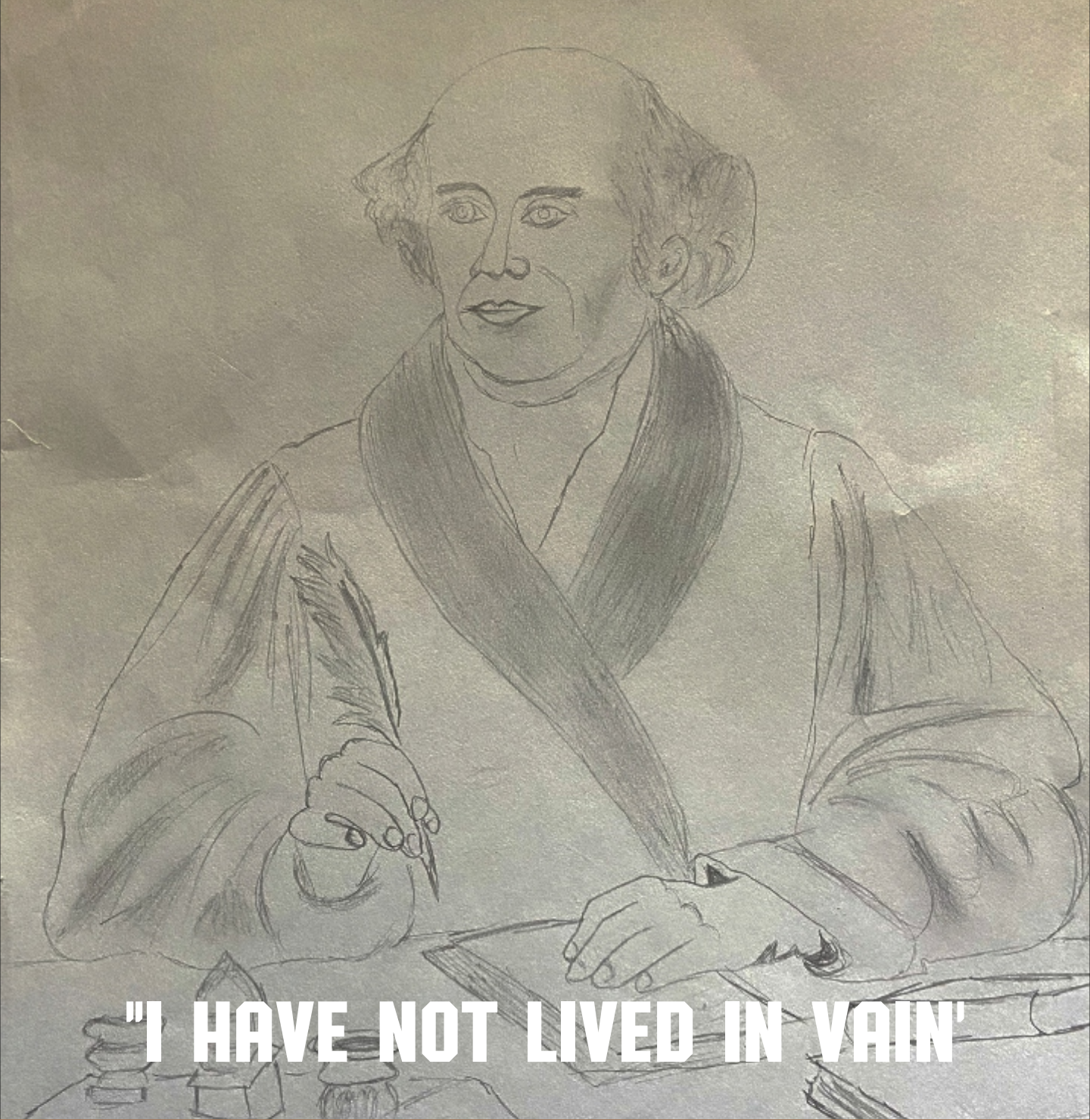




GARDI HOMOEOPATHY TIMES

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"I HAVE NOT LIVED IN VAIN"

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Bharnve



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Mr. D. V. Mehta
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Message

It is my immense pleasure to introduce Gardi Homoeo Times- an initiative by L.R. Shah Homoeopathy College under the umbrella of Gardi Vidyapith on the auspicious occasion of Independence Day, 2023. I would like to take this opportunity to extend my heartfelt greetings to the Principal, Faculty Members and the Students of this prestigious institute for their immense contributions in the publication of this magazine.

Homoeopathy is an integral part of AYUSH and the 2nd largest system of medicine according to the World Health Organization. This quarterly magazine is a commendable initiative by the team of L.R. Shah Homoeopathy College to propagate this system of medicine.

I congratulate the members of the Editorial Board for their painstaking efforts in bringing out this magazine and hoping for more milestones to be achieved in the upcoming period.

I express my best wishes for the success of this magazine being launched and published.

With Best Compliments!

A handwritten signature in black ink, appearing to read 'D. V. Mehta'.

Mr. D. V. Mehta
Chairman



Dr. Arvind Bhatt
Principal
L. R. Shah Homoeopathy College

Message

It is my immense pleasure to introduce L. R. Shah Homoeopathy College's magazine "Gardi Homoeo Times" to the world of homoeopathy. Our prime aim is to Entrust our rich heritaget to the budding homoeopaths by providing informative literature compiled by the faculties and students and to cultivate the routes of this holistic science in the upcoming generation for better future of the health of the human being.

As homoeopathy treats the person as a whole on principle of "Similia Similibus Curentur" which "let like be treated by likes" Similarly, I believe the proper nurturing of budding homoeopaths through the updated knowledge of the system and new developing technologies in the health field may bring flourishing future for the system as well as healing of the mankind.

A handwritten signature in black ink, appearing to be 'Arvind Bhatt', written in a cursive style.

Dr. Arvind Bhatt
Principal



Mr. Jay D. Mehta
Managing Director
Gardi Vidyapith

Message

Greetings of peace to one and all...

L R Shah Homoeopathy College is an institute managed by T V Mehta Charitable institute in the city of Rajkot. "Heal and Comfort" are the two bywords for service of this Institution which renders yeomen service to the suffering humans.

The College is situated in the beautiful campus of Gardi Vidyapith, Rajkot. The College is affiliated to Saurashtra University, Rajkot and is recognized by National Commissions for Homoeopathy and Ministry of AYUSH, New Delhi. The College offers Undergraduate and Post-Graduation programs in Homoeopathy and is the first of its kind in Saurashtra University to offer PG courses in 4 specialties. The College has vast campus with plenty of greenery with shade giving and fruit bearing trees. The campus is adorned with a large playground for students' recreation and to tap their talents in sports activities. Separate hostel facility for boys and girls is also available in the campus.

The faculty are geared towards the promotion of Homoeopathy and research activities. The College has a vast library with national/international journals and periodicals. A full-fledged Homoeopathy Hospital with 50 beds and state-of-the-art facilities are available. The College has bagged number of ranks and gold medals at the University level; a clear indication that the College has well qualified and dedicated Teachers.

Welcome to L R Shah Homoeopathy College. You all are unique to enter and be the future faces, hands and hearts of Homoeopathy and to take it into the great 21st century – world of technology. In India the Government is strongly supporting the "alternate system of medicine" that is Homoeopathy.

"To all the students and aspirants, enter into a new scheme of a professional study life. Take up your role with responsibility, dedication and commitment."

I wish all the best for the Gardi Homoeo Times.

A handwritten signature in black ink, appearing to read 'Jay Mehta'.

Mr. Jay D. Mehta
Managing Director



Dr. Sabiha Naaz
Issue Editor

Message

Dear readers,

Greetings to you!

It gives me immense pleasure in bringing out the second issue of Gardi Homoeo Times.

Very few have fully realised the worth of simple, gentle, reliable and harmless way of healing. Since its birth in 1796, Homoeopathy has faced many criticisms but with its sound philosophy & principle, it has proven its worth and has flourished tremendously. Abiding by the principle of Aude Sapere, Homoeopathy has bagged its place as the second most widely used system of medicine in the world.

Therefore, avowing the gratefulness of this system, I am pleased to present this issue dedicated to the founder of Homoeopathy, Dr. Samuel Hahnemann & his contributions on his 268th birth anniversary.

Happy reading

Dr. Sabiha Naaz
Issue Editor

" Friend of Health"

Dr. Rishi Shrivastava
M.d. (Hom) Assi. Prof
Dept of Practice of Medicine

ABSTRACT

Dr. Samuel Hahnemann who is known as the Father of Homoeopathy has not only discovered Homoeopathy but also told about lifestyle, food habits and hygiene in his different books. In that book one of the book is Friend of Health which has basic principle regarding well-being, food habits and lifestyle diseases, air quality. In this book Dr. Samuel Hahnemann has explained how we can avoid become sick. As the book name suggest friend of health means the friends which make you healthy, which mentions about how to live a healthy life and how we should keep ourselves healthy with minimal medicinal interference.

INTRODUCTION

Dr. Samuel Hahnemann has published this book in 2 parts. In both the parts he has explained about lifestyle diseases, lack of exercises and different various factors which affects the human health. The main factors contributing to lifestyle diseases include bad food habits (high in animal products, fat, carbohydrates, less in fibers etc.), substance abuse (ranging from salt, sugar to smoking, alcohol, narcotic substances etc.) physical inactivity, wrong body posture and disturbed biological clock or biorhythm (for example those working in night shifts). He also talked about proper sanitation, poor diet and poor personal hygiene. He also explained how we can protect ourself when in epidemic diseases prevalent and laid suggestions how to prevent epidemic in the town. Adoption of a healthy lifestyle with a proper balanced diet, regular physical activity and paying due respect to biological clock is required to prevent or overcome these diseases.

Dr. Samuel Hahnemann in the year 1792 has published, The Friend of Health in two parts. Hahnemann wrote this article before declaring " Similia Similibus Curantur" The first part was published in Frankfurt in the year 1792 followed by the second part which was published three years later in 1795 from Leipzig.

PART 1

1. **PREFACE :** The need of awareness and rational care of health.
2. **THE BITE OF MAD DOGS :**
 - Dr. Hahnemann has dealt with Hydrophobia and has raised subtle awareness regarding the same. There are 22 paragraphs altogether.
 - In the footnotes he has mentioned about the curative nature of belladonna and black henbane (Hyoscyamus).
3. **VISITOR OF THE SICK :**
 - In this section our Master Hahnemann has detailed necessary precautions to be taken to restrict the spread of contagious diseases.

- The only people who are entitled to be with the sick are the close kin, nurse and the doctor.

4. PROTECTION AGAINST INFECTION IN EPIDEMIC DISEASES :

- Fresh air and change of linen in rooms of sick.
- Equilibrium in state of mind and body.
- Dietary care.
- Role of fomites in disease transmission.

5. IN OLD WOMANS PHILOSOPHY THERE IS SOMETHING IF WE ONLY KNOW WHERE TO FIND IT :

- Dr. Hahnemann has dealt with superstition as a mode of treatment in ignorant people.
- Any intelligent physician who is endowed with common sense should not forfeit to this blind irrational faith.

6. THINGS THAT SPOIL THE AIR :

- This section of the article deals with purification of air, importance of ventilation in both healthy and in the sick.
- Flowers are harmless as is known to us but is also known to cause fainting in some sensitive people causing indisposition.
- Candles release chemicals with polluted the air. Now it is proven that candle releases toxic benzene, toluene and other chemical compounds which pollutes the air.
- Dr. Hahnemann has provided an insight into the things that spoils the air.

7. THERE IS GOOD EVEN IN HURTFUL THINGS :

- He has given examples of good effects of hurtful things.

8. DIETETIC CONVERSATION WITH MY BROTHER, CHIEFLY ABOUT INSTINCT OF STOMACH :

- This section is presented in form of conversation, conveying the fact that there is no ground rules to dietetics.
- "Instinct of stomach" as used in this article are the natural directions through which our body makes us know what is to be ingested
- In chalking out diet for oneself one must observe moderation and attention to what best suits our individual constitution.

9. AN OCCAASIONAL PURGATIVE THAT SURELY CAN DO NO HARM :

- In a letter addressed to Dr. Hahnemann by W.Von Teuton, on advice regarding intake of purgative is required in healthy state.
- To this, our master replies, "There is no better preventive than the robust state of health".

10. ON MAKING THE BODY HARDY :

- An elaborate view on importance of developing healthy lifestyle in lieu of Primordial Prevention.
- Dr. Hahnemann advises that diet and exercise should be in accordance to one age and

profession and not otherwise.

- He has also laid emphasis on the need of mental exercise.

PART 2

1. SOCRATES AND PHYSON: on the worth of outward show.

- This article was published in the year 1795, Leipzig, depicting a conversation between Socrates and Physon.
- Most of Socrates preaching was portrayed in form of plays by Plato.
- Through this play, Dr. Samuel Hahnemann has exemplified his feelings about those things that are more valuable and worthy in life than material bearings.
- In the pursuit for happiness it is the moral virtue which gives peace to the mind.

2. PLANS FOR ERADICATING THE MALIGNANT FEVER IN A LETTER TO MINISTER OF POLICE.

- Dr. Hahnemann wrote this letter to the minister of police in reference to the then prevalent epidemic of typhus.
- In this article Dr. Hahnemann has put up series of rules which stands the test of time.
- Once there is an outbreak of such kind it no longer is an individual problem it becomes the problem of the state, "Salus Publica Periclitatur".
- He has described the importance of isolation, building separate hospital and man power required for control in such times.
- "Suave Qui Peut" which is French for "May he save himself whoever can" should be the motto in such troubled times.

3. MORE PARTICULAR DIRECTIONS ON THE SAME SUBJECT:

- Next in the point is an excellent discussion on origin and spread of the contagious organisms.
- In more particular directions he has advised to avoid group gatherings, separate those people who are yet to be exposed, and a detailed method of treatment for those who are already affected.
- Importance of handwashing as washing hands alone prevents the spread of transmission of about 80% of the disease.
- Detailed hygienic measure not only for the sick but also for the sentry, nurses, doctors and those who have been exposed to the contagion.
- Arrangement of hospitals and the infrastructure therewith (beds, mattresses, coverings etc.)
- Diet and nutrition required for the those affected and also those dealing with the sick.

4. SUGGESTIONS FOR THE PREVENTION OF EPIDEMICS IN GENERAL, SPECIALLY IN TOWN:

- Rag-gatherers: isolation for rag gatherers. We know that the any contagious disease

whatsoever spreads through fomites that are caught in between clothes e.g. of such disease is small pox. Restricting the movement of rag gatherers in town dwelling restricts the spread of disease.

- Required space in prison and maintaining the hygiene thereof.
- Furthermore, infectious disease is spread by money and letters hence ample measures should be taken while dealing with these things.

- Any form of physical contact be it hand shaking or kissing or using stranger's bathrooms should be omitted when the danger is imminent.

- Proper disposal system for the waste and proper burial ground for the deceased.
- Public schools should keep an open eye towards the general being of their students. Sick children should abstain from attending classes.

- Congregations should be avoided during such times.

5. ON THE SATISFACTION OF OUR ANIMAL REQUIREMENT IN OTHER THAN MEDICAL POINT OF VIEW:

- Moderation should be followed in all aspects of life as goes the saying "Too much of anything is harmful"

6. ON THE CHOICE OF A FAMILY PHYSICIAN:

This section is a conversation between Prince and Dr. Samuel Hahnemann regarding the recommendations on the choice of family physician.

To this Dr. Hahnemann has given the following as what should not be the qualities of a family physician.

A. This category includes the following:

- The one who is pompous in display and shows-off more than he knows.
- The one who cares for materialistic things.
- The one who flatters the those who hold important posts and flatters them with high sounding phrases.
- The one to whom merit rewarded or neglected, heart-breaking instances of domestic occurrence, danger, life and death are same.

N.B : Avoid those who have a shallow approach to life. They indulge themselves mostly in material gains and cannot possibly have any love for mankind.

B. This category includes those physicians

- A hectic scheduled boisterous physician who serves complex prescription.
- The one whose anteroom is filled with friends of the patient, sick-nurses, midwives, surgeons and patients.
- A physician with superabundant practice seldom pays attention to his patient.

C. This category includes those physicians

- Celebrated practitioners mostly army surgeons with seems to be a perfect blend of little of

everything.

- Puts up a good show of behavior and knowledge.
- Engages in gossip of his admiring audiences friends and neighbor i.e. has no professional secrecy.
- He who has no respect for his fellow practitioners.
- He who extols his efficiency at the cost of others and never fails to do so when given a chance. Examples given are
 1. Before ladies he parades his profound knowledge of Greek and Hebrew languages, his nocturnal studies of Latin author Hippocrates.
 2. To the mayor his prescription writing skills.
 3. To the clergyman his anatomical acquirements.
- Engages in flattery of the patients to gain their confidence

In a calumnious mind there cannot be any love for mankind. He, whose head is occupied in trying to ingratiate himself with fancy material gains or by indirect self-praise and all sorts of dishonorable practices cannot be in fact a possessor of real merit

Conclusion

A casual glance at timeline of history of medicine shall suffice to establish Hahnemann as the Father of modern medical hygiene and sanitation. Also the genius of the legendary physician makes him a torch-bearer in the realm of preventive & social medicine, health psychology, hospital management, clinical medicine, dietetics and epidemiology. This book explains about the prevention of diseases which he has also explained in aphorisms.

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BOOK REVIEW



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“BOOK REVIEW: A SYSTEMATIC ALPHABETIC REPERTORY OF HOMOEOPATHIC REMEDIES BY Dr. C. VON BOENNINGHAUSEN”

AUTHOR : Dr. Charu Sehgal

Assistant Professor, Dept. of Case Taking & Repertory

Abstract

The first published repertory by Dr. Boenninghausen, this repertory appeared after a sincere effort of the most intimate disciple of Hahnemann. It was published at the time when the Master as well as many contemporary practitioners were acutely feeling the need of the repertory. Hence, this repertory was most welcomed by all concerned and soon became the progenitor of all the

upcoming repertories. Though, it was the first repertory, it was well organised, systematic and had clarity in presentation. Even today, most of the academicians feel that this repertory is better in presentation than The Therapeutic Pocket Book. Although many more repertories of modern era have been published and are being used widely, this one remains a benchmark and Dr. Boenninghausen will always be remembered as the "Father of Repertory".

Keywords :

Homoeopathy, Repertory, Boenninghausen, Repertory of Antipsorics.

INTRODUCTION

The need of Repertory was first felt by Hahnemann himself. With the continuous evolution of the Homoeopathic Materia Medica, Hahnemann and his disciples realized the limitations of the human mind to memorize everything, and hereby, begin the search for a logical index to the Materia medica, which can help the practitioners to find the needed symptoms along with the corresponding medicines.

This need was successfully fulfilled by Dr. C. Von Boenninghausen in 1832 with the publication of "A systematic alphabetic repertory of homoeopathic remedies" popularly known as "The repertory of antipsorics". This repertory not only became successful but became the progenitor of all the future repertories and Dr. Boenninghausen was honored with the title of The Father of Repertory.

EVOLUTION OF THE BOOK

In 1805, master Hahnemann published a book titled, " Fragmenta de Viribus Medicamentorum Positivis" which contained an index in the second part. He also published another short repertory titled "Symptoms Dictionary" in Latin in 1817. Thereafter, he appointed his pupils Dr. Gross, Dr. Ruckert, Dr. Jahr to write a repertory but none was found upto the mark. Some other repertories were published in this period by Dr. Weber and Dr. Rumel, but none satisfied Master Hahnemann. After these unsuccessful attempts, Dr. Boenninghausen, the most intimate disciple of master Hahnemann took the task of compiling a repertory in his hands. With his keen analytical mind, he made a serious attempt in this direction under Hahnemann's instructions. Finally in 1832, his masterpiece was published, and a new era of Repertory begin.

ABOUT THE AUTHOR

Dr. Baron Clemens Maria Franz Von Boenninghausen was born on March 12, 1785. He studied law, natural history & medicine & received the degree of Ultrinsic Juris from Dutch university at Groningen. In 1827, he was diagnosed to be suffering from purulent Tuberculosis. After giving up all hopes of cure, he wrote a farewell letter to his old botanical friend Dr. A. Weihe of Hervorden. After reading his letter, Dr. Weihe asked him for a detailed description of his symptoms. In response, Dr. Weihe sent him some doses of Pulsatilla. After taking the medicine, within a few months, he was entirely cured and became not only a firm believer in homoeopathy, but its active missionary. His major publications include "The Cure of Cholera & its preventives"

(1831), "The Repertory of Antipsorics", "An Attempt at a Homoeopathic Therapy of Intermittent Fever", "Repertory of Medicines which are Not Antipsoric", " Attempt at Showing the Relative Kinship of Homoeopathic Medicines" and " The Therapeutic Pocket Book".

ABOUT THE BOOK

Title of the book :

English edition: (2nd edition): A Systematic Alphabetic Repertory of Homoeopathic Remedies

Author : Dr. C. Von Boenninghausen

Language : This book was originally written in German Language.

Year of publication :

- 1st German edition: 1832
- 2nd German edition: 1833

Translation : Translated by Dr. C.M. Boger in 1900 from the second German edition

Publisher : B. Jain Publishers (P) Ltd.

Contents :

- Translator's preface
- Preface to the second edition
- Preface to the first edition
- Introduction
- Intercurrent remedies in chronic diseases
- Review of the antipsoric remedies
- Repertory proper (90 sections)

Translator's Preface :

The translator's preface is written by Dr. C.M Boger in 1899. He mentions that maxims of homoeopathy do not blossom and fade as do those of allopathy, but stand on the firm rock of demonstrable facts, needing no far- fetched theoretical explanation for every prescription. Lastly he says, "Every repertory is useful, unfortunately no one is complete. This one offers the best guide for selection of the most suitable remedy in chronic diseases, hence its translation."

Preface to the 2nd edition :

This preface was written by Dr. C. Von Boenninghausen. The author expresses gratitude towards master Hahnemann for writing Introduction for the book. He pointed out the effects of large doses of high potencies- far from being inert, are dangerous. He has also quoted the events that follow after administration of a remedy from Dr. J. Aegidi's Archive of Homoeopathy (XII-1-121).

Preface to the 1st edition :

In the footnote, the author mentions about the acute as well as chronic diseases. It is sometimes difficult to instantly recognise the most similar remedy with certainty in acute diseases, it is much more so in the numberless cases of chronic ailments.

The repertory was initially limited to the remedies mentioned in the first three volumes of Hahnemann's Chronic Diseases. But later on the author added the remedies from the fourth volume of Chronic Diseases too after finding the repertory useful and after getting the positive response from his colleagues. His chief objective was completeness with brevity and ease in consultation.

Introduction

(On The Repetition of the Homoeopathic Remedy)

This is written by Master Hahnemann himself at Coethen in May 1833. He has emphasised on administering low doses. He says, "But one large or many rapidly succeeding repetitions of a small homoeopathically chosen dose tend to arouse and irritate it so violently that the reaction which ordinarily manifests itself in most instances as nothing less than salutary becomes more injurious than beneficial." Humane rule of safety is mentioned i.e., "si non juvat modo ne noceat". In order to find the right mean, one must be guided by the nature of different medicines as well as the personal idiosyncrasies of the patient, and the gravity of the illness. In psoric diseases, seldom fewer than four, often six to eight, or even 10 such doses are needed to complete annihilation. Hahnemann has given instructions regarding time of repetition of medicine. He says that in acute diseases, if necessary, it can be repeated every 24, 16, 12, 8 or even fewer hours.

Importance of Olfaction -

Homoeopathic remedies act surely and forcefully, especially in the vaporous form, by smelling and inhaling the continuous emanation. Olfaction cures in the mildest & most forceful manner, it is far preferable to the mode of giving the substance by the mouth.

Expiry Date of Medicines

One globule, 10 to 20 of which weigh a grain, moistened with 30th potency and then dried retains its full power for at least 18 to 20 years if protected from heat and sunlight even if the vial is opened as many as thousand times.

Review Of The Antipsoric Remedies

There are 50 antipsoric remedies, one antisyphilitic remedy and one antisycotic remedy in this section. The remedies are arranged alphabetically. Each remedy is described with their abbreviation, names, common names, source, number of symptoms, duration of action and antidote.

Eg : Coloc. Cucumis colocynth, Colocynth. (R.A.M.L. vi. 172), 250 symptoms. Acts 30 to 40 days.

Antidote: Coff., Sp. nitr. dulc

THE REPERTORY SECTION :

Sources : The book is based mainly on Drugs taken from Materia Medica Pura (1st, 2nd & 3rd edition), Drugs from the second, third & fourth volume of The Chronic Diseases and few drugs

from the journal "Archiv".

Construction : The book is divided into 90 sections starting from Mind to generalities. Boenninghausen gave locations in general to comparatively fewer parts of anatomy. The sections are arranged according to the Hahnemann's schema of anatomical arrangement. In section, Head, Abdomen, Upper & Lower extremities has given locations. Nowhere else he has given locations. Chapter heading given in bold capital large font. Subheading are given in capital bold small fonts. Various subsections are considered as separate chapters. Most of the chapters are followed by aggravation, amelioration & time. Cross- references are given in a rubric in brackets at start/ end of the remedies. The rubrics are arranged in alphabetical order. First word of the rubric is represented in bold roman with a comma followed by roman which is then followed by a semi colon and then antipsoric remedies are given.

Philosophical Background :

- Doctrine Of Complete Symptom
- Doctrine Of Concomitants
- Evaluation Of Remedies

Gradation of the Remedies : 5

In the first edition

- 1st grade- spaced Italics
- 2nd grade- Italics
- 3rd grade- spaced Roman
- 4th grade- Roman
- 5th grade- Roman in parenthesis

In the second edition

- 1st grade- **CAPITAL BOLD**
- 2nd grade- **Roman bold**
- 3rd grade- Italics
- 4th grade- Roman
- 5th grade- Roman in parenthesis

Index : This is the last part of the book. Here it is arranged in alphabetical order given with page number & in chapter heading. Subheadings are also given

FEATURES OF THE BOOK

- It is the most authentic repertory since it is based on Hahnemann's original works.
 - Boenninghausen has used only those remedies which are verified in practice.
 - This book is the progenitor of all works done in the field of repertory.
-

- There are total 52 remedies.
- Even if Boenninghausen follow the theory of grand generalization, a well-represented mind chapter is given in this book with 167 rubrics.
- Hahnemann himself wrote the Introduction to this book.

DEMERITS

- Being the first repertory, it has less number of rubrics and remedies compared to the modern time repertories.
- Concomitants are given only in few chapters.
- The arrangements of subchapters are not in order. Eg- time subsection is at the last in Mind chapter while in chapter Vertigo, it is given before aggravation and amelioration.
- Time is given as morning, forenoon, afternoon, evening, night & not as alphabetical order
- Each chapter ends by underline. Most of the times not found leading to confusion
- No index for the remedies.
- The arrangement of the chapters is very confusing since there is no definite font for the chapter and the sub chapters.

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**Fragmenta de viribus medicamentorum
positivis sive in sano corpore humano
observatis.**



Dr. Kalpak Zala
P.G. Part-1

Department of Materia Medica

Abstract

In the field of homeopathy the contribution of Dr. Samuel Hahnemann is incredible. He was the first person who started drug proving on healthy human being and gave first ever materia medica and repertory in the form of a book named Fragmenta di viribus, which was not sufficient and not perfect according to Hahnemann and because of this, later on after years of extensive drug proving he wrote two books namely Materia Medica Pura and The Chronic diseases: their peculiar nature and homeopathic treatment.

Introduction

Fragmenta is the first ever materia medica and repertory in the field of homeopathy. It is the first collection ever made of provings of medicines upon the healthy body, and contains the records of the symptoms produced in this manner upon Hahnemann and his fellow provers. During Hahnemann's time the assault on the ancient medicine by Hahnemann had rendered him thoroughly distasteful to his colleagues; he was now no more to be trusted and as a result regarded as an outcast. Hahnemann did not despair but on the contrary with determination he carried out his plans alone with casual assistance from his non professional friends. While practicing during the year of 1796 to 1798 Hahnemann soon noticed that the extant reports of others were inadequate, inaccurate and consequently thoroughly unreliable. So he started proving and within few years he was able to give to the world a tolerable array of medicinal substance whose pathogenetic action he had ascertained by himself, his family and few friends. He didn't say that this is a complete work in fact he styled this as fragmentary observations relative to the positive powers of medicines on the human body (Fragmenta de viribus medicamentorum positivis sive in sano corpore humano observatis). This is how fragmenta published in 1805. Meanwhile between the years 1790 to 1805 Hahnemann experimented many things and wrote them down, in 1801 during the epidemic of scarlet fever he gave some guidelines regarding cure and prevention of scarlet fever, in 1805 he wrote an article named Medicine of experience.

About the author

Christian Friedrich Samuel Hahnemann (10th april, 1755 – 2nd july, 1843) was born in Meissen, Germany. He was the third child and eldest son in the family. His father Christian Gottfried Hahnemann was a painter and designer of porcelain. Hahnemann got his primary education mainly from his father and mother. Later he was admitted to the town school at Meissen in 1767 at the age of 12. From there he went to prince school in November 1770. For his medical education he went to Leipzig university in 1775. He was a master of about dozen languages like Greek, German, Latin, Hebrew, Spanish, Arabic, English etc. In 1779 he got his Masters Degree from the University of Erlangen. He was doing his medical practice but he was not happy with the existing system of medicine, because most of its methods were cruel. So he left his flourishing medical practice and started translating various books. In the year 1790 Hahnemann while translating Cullen's materia medica from English to German, noticed Cullen's explanation that the curative property of cinchona is because of its bitterness. Hahnemann was not convinced with Cullen's explanation and wanted to experiment on it. So he started taking cinchona and conducted similar experiments on his friends and other volunteers. After six years of hard work he discovered a new healing method in 1796. He died in 1843 in Paris, at the age of 88 years of age, and is entombed in a mausoleum at peris's pere Lachaise cemetery.

About the book

In 1805 a very important book was published in Leipzig entitled "Fragmenta de Viribus Medicamentorum Positivis Sive in Sano Corpore Humano Observatis." It was published in Latin

language. The book was in 2 parts. Pars prima and Pars secunda. The first and smaller part of the book contains the symptoms of all the remedies which Hahnemann had proved on himself, in so far as they are not taken from other Toxicological observations, while the second part consists of the “repertory or an index”.

First part (Pars Prima) - Materia Medica has 8 pages of introduction and 269 pages of main text. Pars Prima has undergone two editions in Latin. First - was published by Typis Observatoris Medici per socium mirandum dianctis, Neapoli in 1824, and second, edited by Fredric Hervey Foster Quin, MD in England was published in 1834. *Fragments sur les effets positifs des médicaments observés chez l'homme sain*, Pars Prima was translated by Champaeux and Milcent in French in 1855.

Second part (Pars Secunda) - Repertory or Index- with 6 pages of preface and repertory of 470 pages. Before the start of the repertory, at first, some medical terms with their corresponding meaning are mentioned. Here total 64 word meanings are given. Out of 64, only 3 words were without any meaning and 61 words with meaning. Symptoms are not arranged in anatomical order, rather they are alphabetically arranged. Each rubric with mostly single medicine was given in italics. Very few rubrics contain two medicines. Some symptoms and some medicines were also mentioned in parenthesis.

This book was published in Latin and never translated into English. Total 27 drugs were proved and their symptoms were included in pars prima. The following are the medicines which present in *Fragmenta*.

Aconite, Causticum, Arnica Montana, Belladonna, Camphora Officinalis, Cantharis Vesicatoria, Capsicum Annuum, Chamomilla, Cinchona, Coccus indicus, Copaifera Balsamum, Cuprum Vitriolatum, Digitalis Purpurea, Drosera Rotundifolia, Hyoscyamus Niger, Ignatia Amara, Ipecacuanha, Ledum Palustre, Helleborus Niger, Mezereum, Nuxvomica, Opium, Pulsatilla Pratensis, Rheum Palmatum, Stramonium, Valeriana Officinalis, Veretrum Album.

The number of symptoms recorded by Hahnemann for each drug ranges from 12 for copaifera to 280 for pulsatilla. He himself obtained the maximum number of symptoms from chamomilla, pulsatilla and nuxvomica and the least number from cantharis, copaifera, digitalis and valeriana. In the preface of the *fragmenta* Hahnemann says that “nobody knows better than I do that how imperfect and insufficient it all is.” It shows much diligence, extensive observation and fearless love of truth. A second edition was prepared with numerous additions but due to this reason it never appeared in print and the whole data of proving on a healthy human being was published in *Materia Medica Pura*.

Conclusion

The word *Fragmenta* itself suggest that it is a fragmentary observation and not a complete drug proving. So after making *Fragmenta* Hahnemann himself said that it is insufficient and imperfect, so he continued proving and he wrote *Materia Medica Pura* (Between 1811-1821) and

The Chronic diseases: their peculiar nature and homeopathic treatment(Between 1828-1838) in which number of medicines were more and proving of medicine was extensive compare to Fragmenta.

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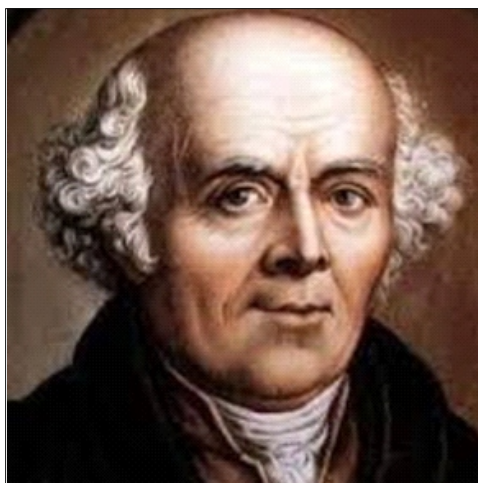
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Life story of Dr. Hahnemann



Chandarana Uday Chetanbhai
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HISTORY OF DOCTOR C.F. SAMUEL HAHNEMANN AND CONTRIBUTION OF DR C.F. SAMUEL HAHNEMANN LIFE



(FIG: DR CF SAMUEL HAHNEMANN)

DR CHRISTIAN FRIEDRICH SAMUEL HAHNEMANN (10th April 1755 -2nd July 1843) Was German Physician Best Known For Foundation Of Homeopathy

BIRTH OF DR C.F.SAMUEL HAHNEMANN :

- DR C.F. Samuel Hahnemann Was Born In Meissen, Saxony On 10th April 1755.
- His Father Name: Christian Gottfried Hahnemann
- His Mother Name: Johanna Christiana Spiess
- He Was 3RD Child And Only Son.

LIFE AT SCHOOL :

- On 20th July 1767 He Was Admitted To Town School.
- At The Age Of 16 He Moved To Prince School.
- At School Master Muller Was His Teacher For German composition.
- In 1775 On The School Leaving Ceremony He Presented Orientation Called "The Wonderful Construction Of Human Hand".

LIFE AT LEIPZIG :

- In The Year 1775 He Entered Leipzig University For Medical Studies In



(FIG:LEIPZIG UNIVERSITY)

LIFE AT VIENNA :

- Early In 1777 He Moved From Leipzig To Vienna For Further Medical Studies
- He Joined Hospital Named "Brothers Of Mercy".
- Her H Became Favourite Pupil Of D.R. Von Quaren.

GRADUATION AT ERLANGEN :

- In 1779 At The Age Of 24 Year ,He Recived His Master Degree From Erlangen University.
- He Submitted Thesis On 10th August 1779 Whivh Was Published In 20 Pages
- The Thesis Was Named As "A Consideration Of Etiology And Theraputics Of Spasmodic Contraction".

MAIRRAGE OF DR C.F. SAMUEL HAHNEMANN :

- As He Was Interested In Chemistry He Regularly Visited Chemist Shop Of Herr Haseler
- Here He Met Johanna Henrietta Leopoldine Kuchler
- And Got Married In 1782
- In 1784 They Had Their 1st Child Named Henrietta
- In 1786 His 2nd Son Fredrick Was born.
- They Have 11 Children



(FIG:JOHANNA HENRIETTE LEOPOLDINE HAHNEMANN)

DISSATISFACTION OF MEDICAL PRACTICE :

- During Practice He Notice That Patient Of Chronic Disease Was Frequently Coming.
- And He Is Not Able To Treat Them.
- So He Was Tired And Felt Guilty And Left Practice And Started Translating Books For Earning As He Was Master Of All Language.

DEATH OF HIS WIFE :

- At The Age Of 67 Hahnemann's wife Died On 31st march of 1830.

SECOND MARRIAGE OF HAHNEMANN :

- After The Death Of His Wife He Continued Practicing At Cothen
 - Here He Met Marie Melanie D Hervilly Gohier And Got Married On 28th Of January 1835.
 - Then They Moved To Paris On 7th June 1835.
-

DEATH OF HAHNEMANN :

- He Died Around 15th April 1843 Due To Bronchial Catarrh

CONTRIBUTION OF HAHNEMANN :

- 1 : Materia Medica Pura
- 2 : Chronic Disease And Its Peculiar Nature
- 3 : Organon Of Medicine
- 4 : Law Of Similia
- 5 : Experiment Of Chincona

DIFFERENT EDITION OF ORGANON OF MEDICINE :

- Hahnemann wrote 6 edition But Can Able To Publish Only 5 Edition

1st Edition : 1810

2nd Edition : 1819

3rd Edition : 1824

4th Edition : 1828

5th Edition : 1833

6th Edition : 1921

REFERENCES :

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**Evolution of Theory of
Drug Dynamization**



DIXITA BOGHANI

3rd year BHMS

L.R. Shah homoeopathy college

EVOLUTION OF THE THEORY OF THE DRUG DYNAMISATION**ABSTRACT**

Homeopathic Dynamization – is a process by which the medicinal properties which are latent in natural substance while in their crude state, became awakened and developed into activity to an incredible degree.

As Morgan says: -

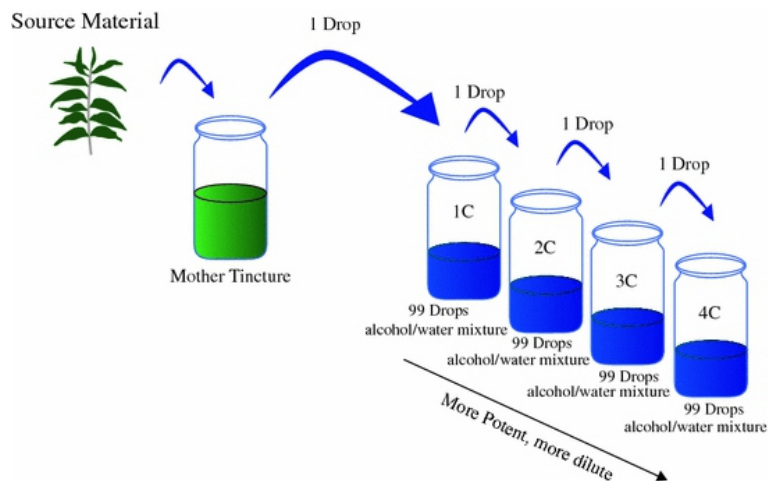
To Hahnemann alone is due imperishable honour and renown for discovering first , the existence of universal law of cure ; and second , that the specific properties of drugs could be developed , transmitted and utilized by potentization.

With the discovery of potentization or dynamization began the first practical test of newly discovered law of cure.

KEYWORDS

Potentization, dynamization, trituration, succussion

INTRODUCTION



Each vial is shaken vigorously after each dilution is made.

According to Dr. Stuart Close: "Homeopathic dynamization is a mathematico-mechanical process for the reduction, according to scale, of crude, inert or poisonous medicinal substances to a state of physical solubility, physiological assimilability, therapeutic activity and harmlessness for use as homeopathic healing remedies.

After the discovery of homeopathy in year 1796, Hahnemann while applying the proven drugs for cure of sick found that many times the patient became greatly aggravated. Hahnemann reasoned that dose was too large and he experimented by diluting the drug on a definite scale: to his surprise he found he got better results.

So Hahnemann, setting out simply to reduce the quantity of his doses, discovered potentization, an entirely new principle in posology.

As regarded preparation of potencies, Hahnemann first recommended that most appropriate number of succussion as 2 only. But he altered his opinion repeatedly. Section: 270-272 of organon of medicine 6th edition contain latest method instruction.

Scientific approach to Dynamization

Hahnemann believed that substance which are medicinally inert in their crude state are thus rendered active and effective for healing the sick, by process of trituration and succussion. The quantity of drug in homeopathic doses is very small, of order of 100-30, 100-100 etc. For e.g.-

Crystal of Natrum Mur is an inert substance but is immensely powerful medicinal substance in potentized form. The quantity of drug in homeopathic doses is very small, of order of 100-30, 100-100 etc.

On the basis of Avogadro's number, the presence of material in the homeopathic medicine beyond molecular concentration 10 or 12 becomes negative. This seems to be impractical in a laboratory but it is in accordance with the concept of relativistic theory.

In homeopathic, crude drug substance are potentized by process of trituration and succussion. Trituration is successive dilution with vigorous shaking of medicine with polar solvent water or alcohol. The trituration process of medicine results in micro emulsion solution of the medicine in solvent water or alcohol, developing a definite charge. The charge of the micro emulsion particles is accelerated with trituration resulting in emulsion of electromagnetic waves. Thus in potentization process, due to absorption of electromagnetic waves very very light isotopic molecules of medicinal material are created. This particle retains the properties of original drug substance.

The relative kinematics supports the above view. The particles of the medicine, the medium vehicle are in motion, so, the relative expression for medicine particles may be written as

$$E^2 = (PC)^2 + (M_0C^2)^2$$

Where,

E= total energy of free particle of the medicine

$$E = mC^2 = K + m_0C^2$$

P=Relative momentum of the medicine particle

m₀= rest mass of medicine particle

C=velocity of light

M=mass of free particle of medicine

If m₀=0, the above relativistic relation is reduced to, E=PC.

Effects of dynamization

- Quantitative reduction with qualitative increase of therapeutic activity
- Increase in potential energy
- Elimination of toxic products
- Gaining of maximum potential energy

Process of potentization

Trituration –Employed case of insoluble substance. It is an ideal physical, mathematical process of potentization by which preparation of medicines takes place by the use of solid vehicle, i.e., sugar of milk, by grinding in definite order according to pharmacopoeia.

Succussion- Employed case of soluble substance. It is a process of potentization of medicinal

substances which are soluble in liquid vehicle (particularly in alcohol) by downward friction.

Scale of dynamization

Centesimal scale-This scale as introduced by Dr. Samuel Hahnemann is applicable in old method for the process of potentization wherein first potency should contain 1/100th part of the original drug and each succeeding potency should contain 1/100th part of preceding potency.

Decimal scale- This scale as introduced by Dr. Constantine Hering is applicable in old method for the process of potentization wherein the first potency contains 1/10th part of the original drug and each succeeding potency should contain 1/10th part of previous potency.

50 millesimal scale- This is the finer and latest scale of potency, introduced in the 6th edition of Organon of Medicine, prepared in the ratio 1: 50,000 and was mentioned clearly about its preparation, preservation, and administration. This name was not given by Hahnemann but by Pierre Schmidt of Geneva. Hahnemann himself termed this new method as, "Renewed Dynamization".

Objectives of potentization

The objectives of potentization in Homoeopathy are :

1. To reduce the medicinal substance, to avoid unwanted medicinal aggravations and side effects.
2. Homeopathy believes that vital force is dynamic in nature and that is affected by disease because of some dynamic inimical force, can only be cured by the dynamic power of the medicine, not by its material quantity.
3. By this process the most virulent and deadly poisons are not only rendered harmless, but are transformed into healing remedies.
4. Substances which are medicinally inert in their crude natural state are thus rendered active and effective for healing mission.
5. The medicinal qualities of other drugs which are more or less active in their natural state are enhanced and their sphere of action is broadened by this process.
6. The action of medicines is deeper, longer and more wide-spread because of the process of Drug potentization

CONCLUSION

Thus homeopathy employs dynamization procedure to enhance the action of the drugs while reducing the material quantity of the drug. Crude drug substance by undergoing series of procedure reduce quantity wise and enhances quality wise acting more and more deeply restoring the interior of the man to health. Potentization helps in elimination of toxic products.

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- 2) Genius of homoeopathy – Stuart Close
- 3) Organon of Medicine: Sixth edition – Dr. Samuel Hahnemann
- 4) The principles and the art of cure by homoeopathy – H. A. Robert

**EVOLUTION OF REPERTORY SINCE
THE TIME OF DR. HAHNEMANN**

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ABSTRACT :

History and evolution is a review of accomplishments and errors which was built on the best of the past. Studying them helps to make best use of the available literature to understand the present and future trends.

KEYWORDS : Repertory, Evolution

INTRODUCTION :

To meet the challenge of the exploding Materia medica, the Repertory was born. Realization of the limitation of human mind to remember all the symptoms Master Hahnemann himself consciously felt the need for an indexing of this growing pool of information. Dr. Hahnemann. Moreover, repertory became an essential tool for selection of an indicated remedy since the time of Hahnemann itself.

DISCUSSION :

Growth of repertories till now can be classified in three major categories based on their construction and prevalent use in that era

- Early repertories (Pre Kentian Era) : 1805-1896
- Middle time repertories (Kentian era) : 1897-1972
- Modern repertories (Post Kentian Era) : 1973-till date

EARLY REPERTORIES: 1805 -1896

1805: "Fragmenta de viribus medicamentorum positivis sive in san corpore humano observatis" written and published by Dr. Hahnemann with two parts twenty seven remedies.

1832: "A Systematic Alphabetic Repertory of Homoeopathic Remedies" (Repertory of the Antipsoric Remedies) by Dr. Boenninghausen (Father of Repertory) which was the first Repertory as progenitor of the later repertories.

1846: Therapeutic Manual for Homoeopathic Physicians, for use at the sickbed and in the study of the Materia Medica Pura (Therapeutic Pocket Book) Dr. Von Boenninghausen

CONCORDANCE REPERTORIES:

1890 : “The Concordance Repertory Of More Characteristic Symptoms Of Materia Medica” by Dr. Gentry W.D.

1896: “Repertory Of Hering’s Guiding Symptoms Of Our Material Medica” by Dr. Knerr .C.B.

CLINICAL REPERTORIES:

1869: The Homoeopathic Therapeutics Of Diarrhea, Dysentery, Cholera Morbus, Cholera Infantum And All Other Loose Evacuation Of Bowel by Bells James,B.

1879: Repertory of the more Characteristic Symptoms of the Materia medica by Dr. C. Lippe

1880: Symptom Register by Dr. T.F.Allen

1881: Analytical Repertory of Symptoms of Mind by Dr. Hering,C CARD REPERTORY

1888: Guernsey’s Boenninghausen Slips by Dr. William Jefferson Guernsey(First card repertory)

MIDDLE TIME REPERTORIES: (1897 -1972)

1897: Repertory of Homoeopathic Materia Medica by Dr. James Tyler Kent

1904: A Clinical Repertory to the Dictionary of Materia Medica by Dr. John Henry Clarke

1905: Boger- Boenninghausen’s Characteristics and Repertory by Dr. Cyrus Maxwell Boger.

1963: A Concise Repertory of Homoeopathic Medicines by Dr. S. R. Phatak, intended to serve as a handy and useful reference book.

MODERN REPERTORIES: (1973 – till date)

1973: The Synthetic Repertory by Dr. Barthel and Dr. Klunker came in 3 parts.

1987: Kent’s Repertorium Generale by Dr. Jost Kunzli (in german language) 1993: Synthesis Repertorium Homoeopathicum Syntheticum BY Dr. Frederik Schroyens

1993- Homoeopathic Medical Repertory by Dr. Robin Murphy

1996: The Complete Repertory by Dr. Roger Von Zandvoort

1990: The Phoenix Repertory By Dr. J. P. S. Bakshi

2003: Repertorium Universale By Dr. Roger Von Zandvoort

HOMOEOPATHIC SOFTWARES

Computer softwares has played a very important role in making Homoeopathic Repertories more accessible to the learners and created an interest in the process of Repertorization

Example- RADAR, HOMPETH, VISION, MAC Repertory, KENBO.

CONCLUSION :

The ever changing and progressive changes leading to evolution of repertories has proved to be beneficial as there is changing pattern of diseases and atmosphere. Even the ever larging Materia Medica is indiced in a definite pattern to take maximum use out of it.

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Cinchona Officinalis



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ABUNDANT IDEAS & CLEARNESS OF MIND IN EVENING

DELIRIUM FROM LOSS OF VITAL FLUID.

IRRITABLE, VERY TOUCHY, SENSITIVE

EXCITEMENT AFTER hearing horrible things.

PROFOUND DEBILITY
from exhausting discharges

SHAKING CHILLS
all over the body
PERIODIC FEVER & CHILLS

NERVOUS TEMPERAMENT
← Slightest touch, loss of vital fluid, impure water, Spoiled meat, after eating.
time modality - 8 a.m. to 2 p.m., 12 p.m. or 1 p.m.

CINCHONA OFFICINALIS

CHINA

HEMORRHAGIC DIATHESIS

PERIODICITY
WELL MARKED EVERYWHERE

TRAVELER'S DIARRHEA CHARACTER
undigested food particles
loose stool,
Brownish,
painless.

DESIRE:
HIGHLY SEASONED FOOD

AVERSION: HOT FOOD, FRUIT, MEAT, FAT FOOD

GALLSTONE COLIC
Gallstone obstructs in gallbladder.

FACE - Pale, Sunken eyes; Hippocratic expression.
EAR - Ringing & buzzing sounds in ear.

PATIENT TO BEND DOUBLE, TO GET RELIEF

FIATULENCE
↓
in stomach for long time after meal, as if he had just eaten.
→ Bloating stomach
POST OPERATIVE gas pain

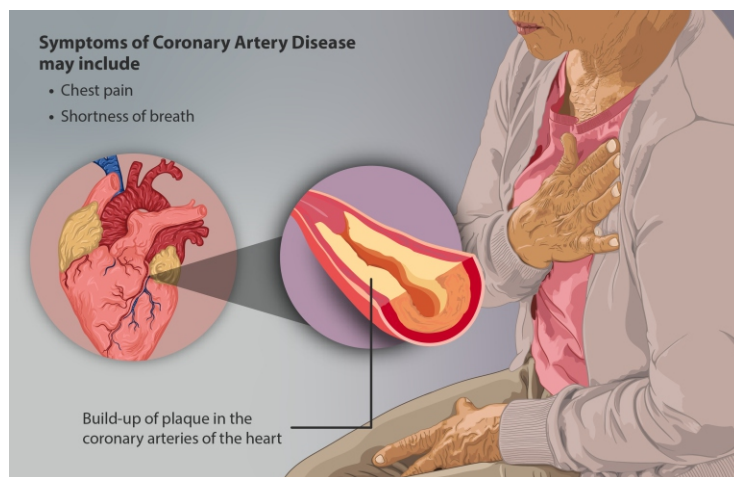
Coronary Artery Disease

Dr. Vishal Sadatiya
M.D. (Medicine)

Associate Prof. dept Of Practice Of Medicine

CORONARY ARTERY DISEASE

Coronary artery disease (CAD) is the most common form of heart disease as a result of atheromatous changes in the vessels supplying the heart ranging from asymptomatic atherosclerosis and stable angina to acute coronary syndrome (unstable angina, NSTEMI, STEMI).



CAD is asymptomatic in most of the population. When severe enough it can cause angina or an acute coronary syndrome including myocardial infarction. CAD may also present with heart failure or sudden cardiac death.

EPIDEMIOLOGY

Coronary artery disease is a leading cause of death worldwide. Developed and developing countries show opposite trends in mortality due to CAD.

- Primary prevention methods are intended to prevent cardiovascular events for people with high risks but no previous history.
- Secondary prevention methods are therapies that prevent any further cardiac damage to those with a history of CAD.

ETIOLOGY

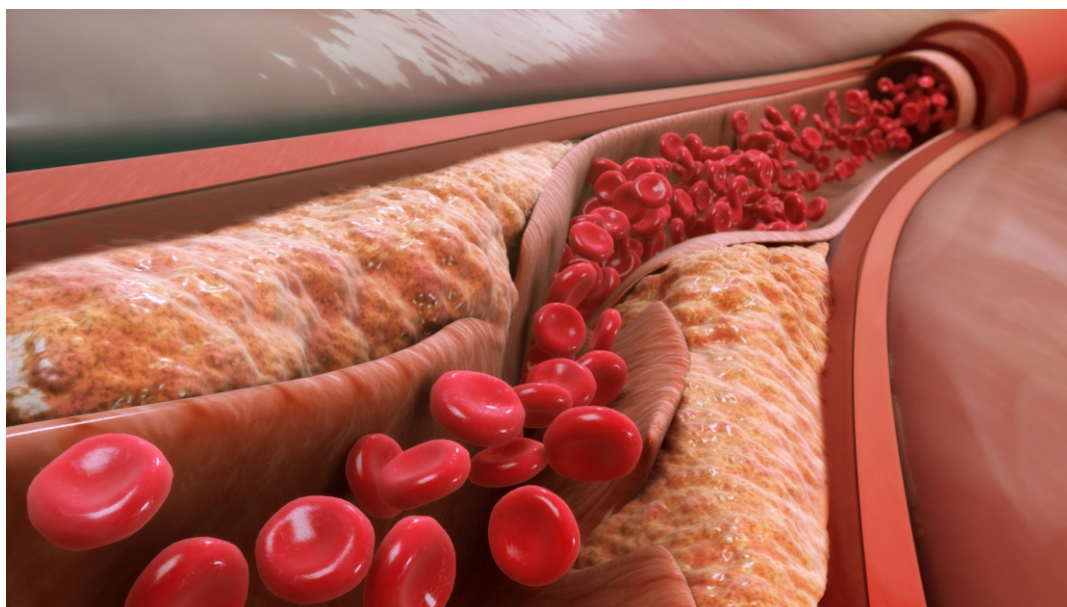
Risk factors of coronary artery disease are as follows :

- ❖ Non-Modifiable
- Age

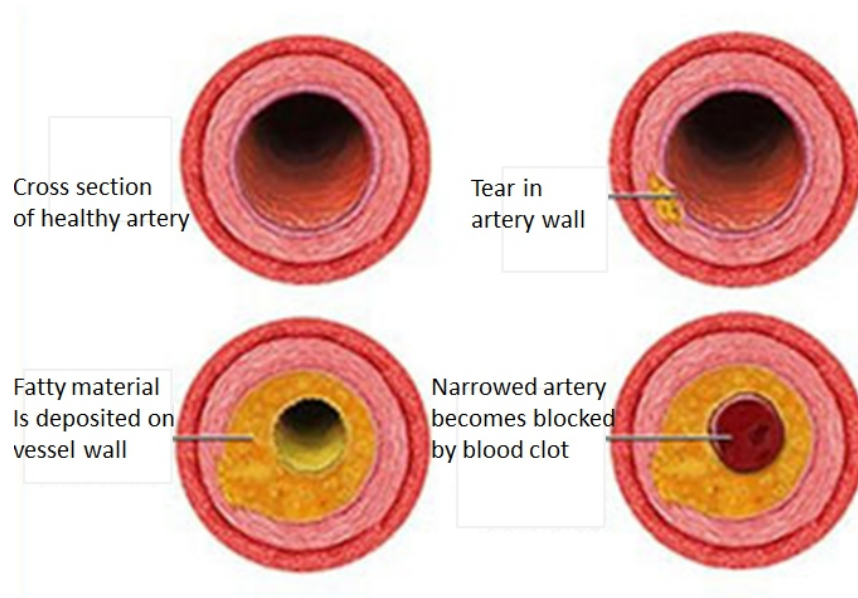
- Gender
- Race
- Family history
- ❖ Modifiable
 - Type 2 diabetes mellitus
 - Hypertension
 - Smoking
 - Dyslipidaemia
 - Chronic kidney disease
 - Obesity and metabolic syndrome
- ❖ Risk enhancing factors
 - Premature menopause
 - Preeclampsia
 - Chronic inflammatory conditions (for example rheumatoid arthritis, HIV, psoriasis)

PATHOLOGY

CAD is primarily due to atherosclerosis, an inflammatory process that leads to atheroma development and remodelling/stenosis of the coronary arteries. As atheroma enlarges, the arterial wall ruptures and releases blood clots that lead to narrowing of the artery.



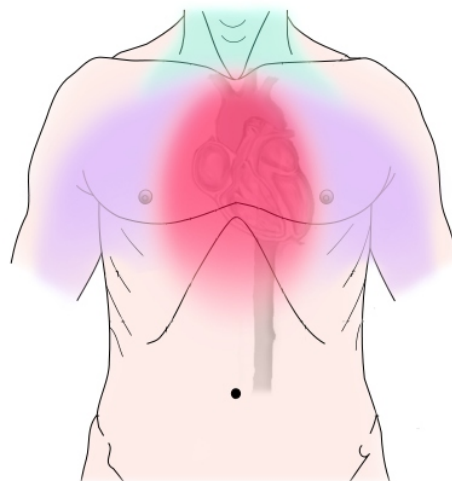
- A stenosis of >50% of diameter or >75% cross-section diameter reduction can lead to angina.
- Thrombus formation after plaque disruption can lead to acute coronary syndrome



Evolving plaque Complications :

- Thin cap or large lipid atheroma (greater than 40% of plaque volume) increases the chances of coronary plaque disruption followed by thrombotic occlusion plaque
- Thrombus in the lumen caused by endothelial erosion
- Intra-plaque haemorrhage causing expansion of plaque volume
- Lumen thrombus caused by protruding calcific nodules from complex fibro-lipid-calcific architecture and calcified shell.

SIGN / SYMPTOMS



Angina, which can feel like pressure, squeezing, burning, or tightness during physical activity. The pain or discomfort usually starts behind the breastbone, but it can also occur in the arms, shoulders, jaw, throat, or back. The pain may feel like indigestion.

- Cold sweats
- Dizziness
- Light-headedness
- Nausea or a feeling of indigestion
- Neck pain
- Shortness of breath, especially with activity

DIAGNOSIS

Coronary artery disease diagnosis starts on medical and family histories, risk factors, and diagnostic tests.

Diagnostic Tests and Procedures

- **Cardiac Biomarkers**; which are secreting in blood after damage of Myocardial cell damage. (TROPONIN I, TROPONIN T, CPK- MB)
- **Blood Tests** to examine the level of fats, cholesterol, glucose, and proteins in the blood.
- **ECG (Electrocardiogram)** record hearts electrical pulses its strength and timing, helps to find previous or current heart attack and risk of Coronary heart disease.
- **Chest X-ray** is the picture of heart, lungs, and blood vessels. It helps to reveal indication of a heart failure.
- **CT CORONARY ANGIOGRAM** helps to identify hardening and narrowing of arteries. If more calcium detected, then more chances to have coronary heart disease.
- **Stress Testing** designed to find out if one or more of the coronary arteries feeding the heart contain plaques that block a blood vessel 70% or more.
- **Cardiac magnetic resonance imaging (MRI)** to get pictures of the heart during hard working and at rest.
- **Coronary angiography (GOLD standard)**

TREATMENT

Treatment of coronary artery disease depends upon the symptoms and clinical presentation of the patient.

It can range from medical management for controlling angina symptoms to acute intervention by coronary artery stenting.

- Who present with unstable angina and NSTEMI, require urgent evaluation.
- If the patients present with STEMI, urgent revascularization is necessary, in addition to the initial stabilization.
- Patients with unstable angina and NSTEMI with significant risk factors, the decision should be made on whether cardiac catheterization is warranted based on risk assessment.

- On the other end of the spectrum, for patients who present as an outpatient with stable angina, the main goals of treatment are to help relieve the symptoms of the disease and prevent further complications associated with coronary artery disease.
- Prevention plays a major role in the management of coronary artery disease.

PRIMARY PREVENTION

Early recognition of risk factors and primary prevention have significantly decreased the morbidity and mortality associated with CAD. Lifestyle modification with diet, exercise, and smoking cessation is crucial to reduce cardiovascular risk factors. Further control of hypertension, diabetes, and hyperlipidaemia is essential to reduce the risk of CAD.

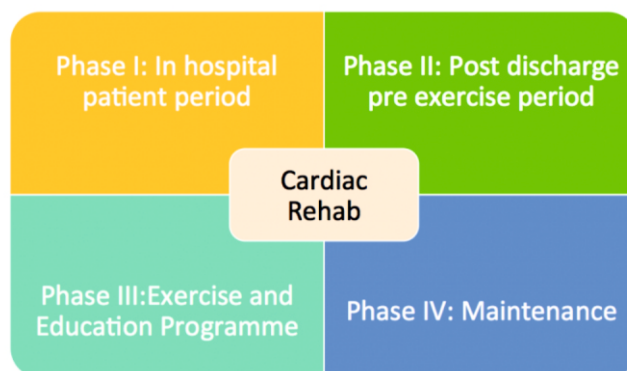
1. Diet - Diet is a significant contributing factor to reduce the risk of coronary artery disease. According to ACC/AHA 2019, the plant-based Mediterranean diet (high in vegetables, fruits, legumes, nuts, whole grains, and fish) is highly recommended.
2. Exercise, physical activity, and weight loss Physical activity is also equally beneficial for CAD risk reduction. At least 150 minutes per week of moderate-intensity activities and greater than 75 minutes a week of vigorous-intensity physical activities are helpful.
3. Tobacco Use - Using tobacco is among the leading causes of preventable deaths due to CAD.
4. Hypertension management
5. Reducing alcohol consumption also has blood-pressure-lowering effects.
6. Type 2 Diabetes mellitus
7. Statin - A moderate-intensity statin is recommended to any patient aged between 40 to 75 years with type 2 DM, regardless of cholesterol levels.

SECONDARY PREVENTION

Secondary prevention is the therapy to prevent further damage and progression of the disease after the patient has a diagnosis of cardiovascular disease, including coronary artery, cerebrovascular, or peripheral arterial disease.

A large part of secondary prevention also includes pharmacological therapy.

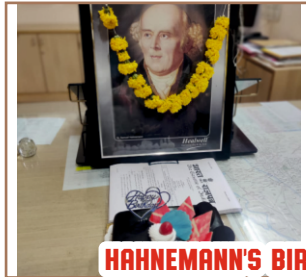
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