

# A Non - Randomized Exploratory Study to Elucidate Hering's Direction of Cure

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**Abstract:** *Dr. Constantine Hering, father of Homoeopathy in America, gave an invaluable contribution in the history of Homoeopathy with his four incredible clinical observation, as stated; "From above downwards, From within outwards, From more important organ to less important organ, Symptoms disappear in the reverse order of their appearance. ", commonly known as "Hering's direction of cure". The objective of the study is to determine, If Hering's "direction of cure" is applicable in all cases where homoeopathic medicine is administered on the basis of symptom similarity. **Result:** Out of 50 patients, 80% (40 cases) followed the direction of cure and showed marked/moderate improvement whereas 4% (2 cases) followed the direction of cure after second prescription. Only a small proportion of case i.e., 16% (8 cases) did not follow the direction of cure and showed mild/no improvement (which includes 5 dropped out cases). Affectability of Hering's direction of cure in homoeopathic treatment is found statistically significant using Paired T - test at confidence level 95%. **Conclusion:** This study has shown the efficacy of Hering's direction of cure in homoeopathic treatment and have a statistically significant impact on the improvement of patient's complaints.*

**Keywords:** Hering's direction of cure, Cure, Suppression, Palliation

## 1. Introduction

A cure is always a result of art and is never brought about by nature. Cure is dependent not upon precedent, opinion, or speculation but upon the principles which are easily comprehensible. Cure is a process by which Hahnemann meant to restore the sick to health, with the total annihilation of the disease by fixed principle (basis of Homoeopathy). It must follow a definite pattern in the disappearance of symptoms, that is, Hering's direction of cure, without any after affect.

**Direction of cure:** In the writings of Hahnemann, we observe that when cure takes place, the symptoms disappear in the reverse order of their appearance.

Dr. Constantine Hering described this "law of order" in his Foreword to *The Chronic Diseases* by Samuel Hahnemann.

Bodily reactions to the similar curative remedy occur in a definite direction. Cure takes place from above downward; from within outward; from a more important organ to a less important organ. Symptoms disappear in the reverse order of their appearance, the first to appear being the last to go.

Every homoeopathic practitioner who understands the art of healing, knows that the symptoms which go off in these directions remain away permanently. Moreover, he knows that symptoms which disappear in the reverse order of their coming are removed permanently. It is thus he knows that the patient did not merely get well in spite of the treatment, but that he was cured by the action of the remedy.

Moreover, according to Webster's dictionary, a law is defined as a sequence of events that occurs with unvarying uniformity whereas a rule permits exception. Order differs from law in that they do not postulate a mechanism or explanation of phenomena: they are merely distillation of the

results of repeated observation. A law, if it is to be called a law, must explain all observable phenomena of direction of cure. It is unacceptable to use limited or even selected clinical phenomena to confirm a supposed law.

On one hand, neither Kent, in his *Lectures on Homoeopathic Philosophy* of 1900, nor Stuart Close, in *The Genius of Homoeopathy* of 1924, nor Herbert Roberts, in *The Principles and Art of Cure by Homoeopathy* of 1936 while discussing the above postulation, refer to it as "Hering's law of cure". None of these three renowned authors makes any reference to Hering in their lectures. On the other hand, Garth Boericke, in *A Compendium of the Principles of Homoeopathy* of 1929, refers to it as Hering's rule but not as a law.

As a matter of fact, Hering mentions in his foreword to Hahnemann's *Chronic Diseases* and described a "law of order".

If Hering's "Direction of cure" is applicable in all cases where homoeopathic similimum is administered on the basis of symptom similarity. Did Hering ever formulate "a law" on the "direction of cure"? If he did, why was his name not clearly associated with the law and was it as a law or as a rule? Why was the literature so ambiguous? There is scarcely any mention of this postulation in the literature of Homoeopathy, except the 'four postulations and observation of symptoms' under the influence of homoeopathic medicine administered, which has been observed by Hahnemann and many other renowned stalwarts.

This study has been a sincere effort to determine in detail and verify about observation described by Hering and to assess if Hering's observations actually leads to cure, by studying fifty cases undertaken for a period of 18 months (2020 - 2021).

2. Materials & Methods

The study has been conducted on the patients of OPD of Sri Guru Nanak Dev Homoeopathic College & Hospital.

Inclusion Criteria:

- Patients having either acute or chronic already diagnosed illnesses.
- Patients opting for only homoeopathic mode of treatment for their present illnesses.
- Patients complying for regular follow up.

Exclusion Criteria:

- Patients undertaking any other mode of treatment along with homoeopathic mode of treatment.
- Patients who have pre - diagnosed advanced pathological disease.
- Pregnant and lactating females.

2.1 Research Technique

The study was non - randomised exploratory study undertaken upon 50 patients at OPD of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana, Punjab. Following screening using inclusion criteria and exclusion criteria, eligible patients were recruited into the study. A proper case taking, and individualization of each case has been done. Evaluation of symptoms has been done according to Dr. Kent's method. Appropriate homoeopathic medicine has been selected upon the symptom similarity. All the necessary investigations according to individual cases were done wherever required. The direction of cure was analyzed in every case. A specially designed spreadsheet (master chart) has been used for data extraction and inference was subjected to statistical analysis. Paired T - test was performed to show the efficacy in post treatment results.

3. Result

Statistical study was conducted to evaluate the distribution of cases on the basis of inference as per Hering's direction of cure. It was observed that maximum number of cases i. e., 80% (40 cases) followed the direction of cure whereas 4% (2 cases) followed the direction of cure after second prescription. Only a small proportion of case i. e., 16% (8 cases) did not follow the direction of cure (which includes 5 dropped out cases) given by Hering. (Figure 1)

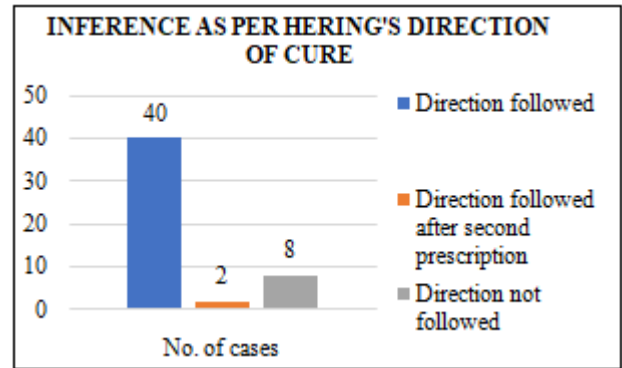


Figure 1: Graphical representation in the form of clustered column chart for distribution of cases on the basis of inference as per Hering's direction of cure.

The findings of the study concluded that the direction, "Symptoms disappear in the reverse order of appearance" was followed in maximum number of cases i. e., 31 cases or 39.74%, followed by "From more important organ to less important organ" useful in 22 cases or 28.20%. "From within outwards" was found to be applicable in 19 cases or 24.35%. The least applied direction was "From above direction" with only 6 cases or 7.69% in the study of 50 cases. (Figure 2)

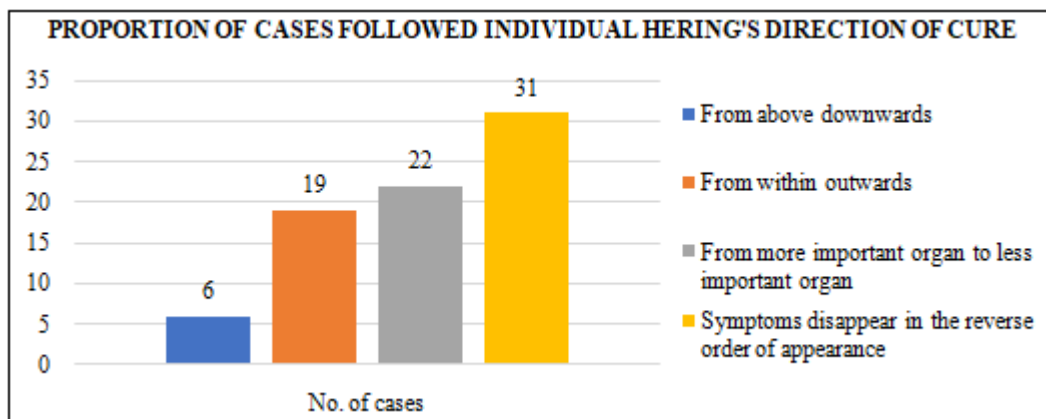
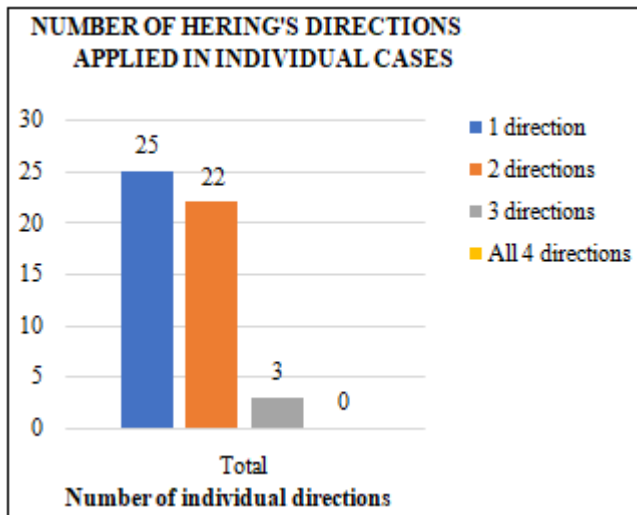


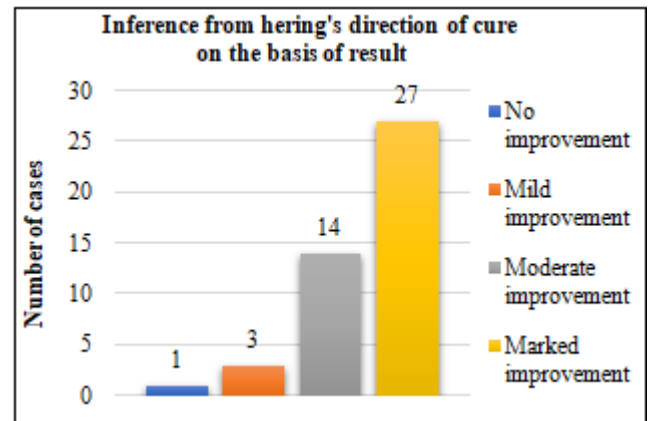
Figure 2: Graphical representation in the form of clustered column chart for distribution of cases as per applicability of Hering's direction of cure in the individual cases.

Among the cases studied, it was found that 50% of the total cases presented with applicability of just one of the Hering's direction. And two directions were applicable in only 44% of the cases. Total three directions were applicable only in 6% cases. And it is significant to note that all four directions given by Hering cannot be found altogether even in one case. (Figure 3)



**Figure 3:** Graphical representation in the form of clustered column chart for distribution of cases on the basis of number of Hering's direction of cure applicable in the individual cases

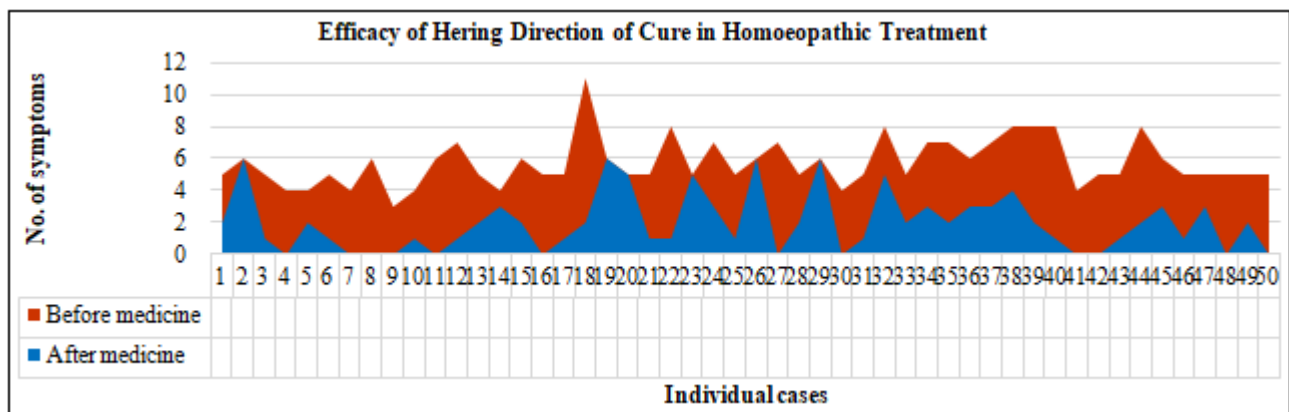
Out of 45 cases, it is significant to note that those cases which followed Hering's direction of cure showed marked or moderate improvement, whereas those cases where Hering's direction of cure were not followed resulted in mild or no improvement. (Figure 4)



**Figure 4:** Graphical representation in the form of clustered column chart for distribution of cases according to result obtained from the study

Statistical analysis is performed with the help of paired T - test for assessing the efficacy of Hering's direction of cure using number of symptoms present before and after treatment.

Paired t - test was conducted to assess the efficacy of Hering's direction of cure in the homoeopathic treatment. Null Hypothesis ( $H_0$ ) was stated as 'Hering's direction of cure is not effectible in the homoeopathic treatment'. The result showed that the value of critical t (13.333) is greater than the tabulated value in t - table at  $df=49$  at confidence level 95% at 0.05 i. e., 2.0096, which is statistically significant. Hence, the p value for the null hypothesis will be less than 0.05 and so we can reject it. Thus, the null hypothesis ( $H_0$ ) is being rejected and the alternate hypothesis ( $H_1$ ) that is 'Hering's direction of cure is effectible in the homoeopathic treatment' is being accepted. (Figure 5)



**Figure 5:** Graphical representation in the form of area chart to elucidate Hering's direction of cure in homoeopathic treatment

#### 4. Discussion

After analyzing the result of Hering's direction of cure in individual 50 cases, it is evident to observe that the cases which followed the Hering's direction of cure, resulted in marked/moderate improvement in the presenting complaints, whereas cases which did not follow Hering's direction of cure resulted in mild/no improvement. Few cases followed the Hering's direction of cure after second prescription, where suppression/palliation was observed at first but later on after the change of prescription resulted in marked/moderate improvement.

#### 5. Conclusion

Affectability of Hering's direction of cure in homoeopathic treatment is found statistically significant using Paired t - test at confidence level 95% and the null hypothesis ( $H_0$ ) is being rejected and the alternate hypothesis ( $H_1$ ) that Hering's direction of cure is effectible in the homoeopathic treatment is being accepted. This study has shown the efficacy of Hering's direction of cure in homoeopathic treatment and have a statistically significant impact on the improvement of patient's complaints.

## 6. Conflict of Interest

The author has no conflict of interest to declare.

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