

A Clinical Study of Second Prescription in the Homoeopathic Practice

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Abstract: *Homoeopathy is a perfectly simple system of medicine, remaining fixed in fundamental principles. The understanding and application of these principles is the essence of effective homoeopathic treatment which are applied in taking the case accurately, when selecting remedies with optimum potency and they also play a crucial role in second prescription treatment phase. Dr. Hahnemann in sixth ed of organon mentions the discovery of a second more accurately suitable homoeopathy remedy, the second prescription. In order to come to the level of understanding of the so called the second prescription phase of the homoeopathic healing process there are second prescription guidelines given by Master Hahnemann and various philosophers which gives an insight to the physician for better case management in the day to day practice.*

Keywords: Case management, second prescription, Clinical practice

1. Introduction

The second prescription is the unique concept in homoeopathic case study and clinical practice. After the action of first prescription, it is important that the patient must not be left unattended and the proper analysis, evaluation, correct interpretation must be done, so that the final outcome of the case is clearly defined and the patient is improved.

The aim of the study must be towards the progress of the patient rather not making his or her condition worse. During the first prescription phase the natural expectation arises that what will happen to the case study and its further prognosis, now if the physician does not clearly perceive these expectations then it becomes necessary to explore the case study in detail and also its follow ups, which has to be done through the proper analysis and interpretation. Later if the patient realizes that he does not know about all these, then it becomes a very difficult thing for the physician to convince the patient.

Further to put forth is to know that what has happened to the expectation? Where was it not appropriate? How did I perceive the case that it did not work out this way? these strategic plans will lead to work out the case in a constructive way.

Further there are deep cases having the fundamental cause of the disease as their background which require more than one remedy to be given in a case and also there are guidelines laid down to make a right second prescription so that there is restoration of the health of the diseased individual ensures.

Dr. Hahnemann in aphorism 183 sixth edition of organon introduces the concept of second homoeopathic remedy which is important in day to day clinical practice. The prime mission of the physician is to accomplish cure.

The physician after which he believes that the curative remedy has been selected and given will emerge with the problem of managing the case study till it really gets cured.

Hence the subsequent second prescription made opens the pathway to manage the case study thereafter.

As Margaret Tyler cautions against hasty prescribing by saying "If you take a lot of trouble with a case (when you know how), it will give you a very little trouble afterwards. Conversely, if you take very trouble to begin with, it will give you endless trouble, many times repeated. You have fouled the clear waters with a wrong prescription and how are you going to peer into the depths..? One bad prescription leads to several perhaps, to a hopeless mixing up of the case. Hence care is needed in making a second prescription. It is said that Dr. Hahnemann is said to have taken the case in full, each time before making a prescription. By this aspect the second prescription is well understood and I would like to choose the research study topic as "A clinical study of second prescription in the homoeopathic practice" as there is a need for the physician to explore in the learning areas that arises in hustle and bustle of life where the ordinary physician makes hurried prescriptions, mismanages the cases & is lost in arriving at a similitum and then is unable to deliver a logical conclusion to the case.

So, the physician should consider himself to be able to restudy, reanalyze and correctly interpret the case studies as it demands. Homoeopathy system of medicine is governed by the fundamental laws and principles, the practical application of these is important in achieving the curative process. In this dissertation work my effort is to know the effect of the second prescription made on the outcome of the each of the cases studied and to clinically understand the different types of second prescription made in various cases. Further the philosophers in homoeopathy in course of their practice have put forth guidelines about the different scenario of second prescription which gives an understanding to the physician to manage the case study in day to day clinical practice. Hence due to this significance the concept of second prescription is been chosen as the topic of my research work.

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2. Material and Methods

Primary source

The subjects for the study had been selected from the patients attending OPD, IPD, and Peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College & Hospital.

Age: Sample of all the age group both sexes irrespective of socioeconomic status.

Medicine: Every case will be analysed, with reference from Materia Medica, Repertory and Therapeutics as per the requirement. The potency selection and repetition of the doses will be done according to the susceptibility of patient.

Inclusion criteria:

- 1) Sample of all the age group both sexes irrespective of socioeconomic status.
- 2) Cases which follow second prescription guidelines as mentioned in sixth edition of organon.
- 3) Diagnostic criteria are based on clinical presentation, examination findings and lab investigations. If necessary.

Exclusion Criteria:

- 1) Terminally ill patients
- 2) Cases which do not follow second prescription guidelines

- **Study design:** Simple Random method
- **Study method:** Prospective method.
- **Sample size:** Minimum 50 in number
- **Statistical analysis:** The interpretation of the data is done by Percentage analysis, To obtain 95 % confidence limit 50 Cases were taken for study, T-test was applicable, as the comparison between pre and post treatment is done in the same study on the basis of pre-treatment and posttreatment score.

3. Result

In the present study of “A CLINICAL STUDY OF SECOND PRESCRIPTION IN THE HOMOEOPATHIC PRACTICE” A total number of 50 subjects were undertaken and studied accordingly. According to the second prescription guidelines, after the first indicated remedy the progress of the case is analyzed and interpreted and further conclusions of the results were drawn. In the Hahnemannian classification of disease 47 cases were classified as chronic dynamic disease and 3 were acute dynamic disease of individual type. Based on the corresponding totality framed in second prescription the remedies were given. Among them Sulphur was given for 7 cases, rhus tox and tuberculinum in 3 cases each, lycopodium and natrum mur in 2 each case, rest of them were calc carb, ferrum met, kali bi, kalicarb, merc sol, nuxvom, sepia, thuja was given in each case. From this study the complementary remedies were also effective where the totality found matched with the complementary remedy as second prescription. The commonly used complementary remedies in this study was rhustox- calcarb (1case), aloesulph (1 case), Arnica-rhus tox (1 case),

Arsenic alb- thuja (1 case). In the present study the maximum no of cases having the miasmatic background of combined miasm psora-syphilitic in about 26 cases, combined miasm of psora-sycosis in 7 cases and single miasm psora in 7 cases. In the present study the effect of second prescription made in the outcome of the treatment made in 50 case with 45 improved (83.33%), 2 recovered (6.66%), 3 not improved (10%).

4. Conclusion

- 1) My study “A clinical study of second prescription in the homoeopathic practice” was conducted for 18months.
- 2) The outcome of the study is briefly concluded as given below: -
- 3) Homoeopathy is an individualized system of therapy therefore there is minimum possibility that one remedy can cure a long-standing disease condition in a sick man.
- 4) In this modern era of clinical practice there exist mismanaged cases because of the result of increasingly lifelong suppressive treatments and the inevitable imbalances of stressful lifestyle creating obstacles for the curative process during the treatment in the individual. In such circumstances after giving the first indicated remedy there comes a point for a physician in resolving the case, now the careful physician keeping the second prescription guidelines in the background given the Master himself and his follower paves the way for the successful second prescription and the further case management.
- 5) Dr. Hahnemann in aphorism 182-184 mentions the need of the second more accurately suitable homoeopathy remedy in the treatment of the sick individual in order to ensure cure. This theoretical view point is the foundation basis for this study. The whole concept of second prescription was grown out of clinical experience of remarkable contribution made by the stalwarts. Dr. Kent Dr. Hering who have guided through the practical application of it in their literatures.
- 6) In this study a total of 50 subjects were taken up randomly, the subjects were considered on inclusion criteria and excluded on exclusion criteria.
- 7) This concludes that taking a decision as to what is to be prescribed in second prescription is very important in the treatment of sick. the second prescription may save the patient or spoil the case if adequate care is not taken.

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