

Clinical Utility of Boenninghausen's Therapeutic Pocket Book in Various Illnesses

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Abstract: *Though there are a lot of repertories with a lot of advancements in the field nowadays. But it is always said that "you should never leave your roots if you want to fly high." Boenninghausen's therapeutic pocket book is the strongest root in the field of repertory. If we will utilize these works, we shall see the wisdom of the past, flowering in the healing of the patients. Dr. Boenninghausen accepted Hahnemann's view that in the study of any disease, all the changes in sensations and functions should be noted down as fully as possible. He attempted to help a physician to obtain complete symptoms by using the doctrine of analogy and gave importance to location, sensation, modalities and concomitants for finding the similar remedy. So, I intend to work upon it in order to explore it more clinically. 50 cases will be studied upon all age groups and both sexes in the duration of 18 months to understand the clinical utility of this repertory.*

Keywords: BTPB, Therapeutic Pocket Book, Homoeopathy, Dr. Boenninghausen, Repertory

1. Introduction

Repertory

Repertory is a systematically and logically arranged index to the homoeopathic materia medica, which is full of information collected from toxicology, drug proving and clinical experience. It helps us to find out the required symptoms, together with the medicine or a group of medicines having different grades. It is connecting link between the material medica and disease.

Repertorization

The process of repertorization is essentially a logical elimination of apparently similar medicines. It starts with a broad choice and gradually narrows down the field, which provides us an adequate and a small group of similar medicines, so that the final selection of the similimum is made easier with the help of further reference to the materia medica, if required.

Dr. Boenninghausen and his life history

Baron Clemens Maria Franz VonBoenninghausen was born on March 12, 1785 on the ancestral state of Heringhaven in Overijssel in Netherland. He attended lectures upon law, natural history and medicine and received the degree of Ultrinsic Juris on August 30, 1806 from the Dutch University at Groningen. In 1812, he got married and went to Prussia where he became greatly interested in agriculture and allied sciences, particularly botany. [2] He established the agricultural society for the district of Munster.

In 1827 - 1828, he suffered from tuberculosis which later got treated by his botanical friend, Dr A. Weihe through homoeopathy. After that Dr. Boenninghausen became a firm believer of Homoeopathy. Since 1830 onwards, he was in close touch with Hahnemann and studied homoeopathy and did a lot of contributions in it.

Boenninghausen's therapeutic pocket book

"Therapeutic pocket book for homoeopathic physicians, to use at the bedside and in the study of the material medica" is

one of the contributions to homoeopathy by Dr. Boenninghausen. This book is compilation of following three books.

- 1) Repertory of the antipsoric remedies
- 2) Repertory of the medicines which are not antipsoric
- 3) Attempt at showing the relative kinship of homoeopathic medicines.

Clinical utility of Boenninghausen's therapeutic pocket book

Boenninghausen's Therapeutic Pocket Book is the ultimate work and a precious gift to the homoeopathic world by Dr. Boenninghausen. From the philosophy and construction of the Therapeutic Pocket Book, it is obvious that the book can be used for the repertorization of the following type of cases:

- Cases with complete symptoms
- Cases with prominent sensations and modalities in some parts but vague in other parts.
- Cases with prominent concomitants
- Cases with paucity of symptoms with scattered modality and no characteristics
- Cases where generals are lacking
- It is also useful to get related remedies by working on the last chapter.

Dr. H. A. Robert says, "Cases where there are confusing symptoms, many or few, or where the remedy likeness is veiled, we can refer to the Therapeutic Pocket Book, so as to bring order out of the chaos and the remedy will be stand revealed."

2. Materials and Methodology

- 1) **Population:** This study will be conducted on the patients who will be attending the OPD, IPD & Peripheral dispensaries at Sri Guru Nanak Dev Medical College & Hospital, Ludhiana
- 2) **Age & Sex:** Patients of all age groups and both sexes
- 3) **Medicines:** Homoeopathic medicines will be given on the basis of symptom similarity after repertorisation

Volume 11 Issue 10, October 2022

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with the help of Boenninghausen's Therapeutic Pocket Book and confirmation with Materia Medica.

- 4) **Pharmacy:** Dr. Reckeweg & Co. Pvt. Ltd., SBL Pvt. Ltd., Dr. Willmar Schwabe India Pvt. Ltd., B. Jain Pharmaceuticals Pvt. Ltd., etc.
- 5) **Inclusion Criteria:** Patients giving complete symptoms, prominent concomitants, prominent sensations and modalities in some parts but vague in other parts, etc. are included in the study.
- 6) **Exclusion Criteria:** Cases without regular follow up, having advanced pathology, etc. and requiring surgical intervention and hospital management are excluded from the study.
- 7) **Investigation:** Investigations will be done as per the need of the individual case.
- 8) **Type of study:** Exploratory study
- 9) **Sample:** 50 cases
- 10) **Sample calculator:** Sample size will be calculated with the help of textbooks of statistics or sample calculator softwares like IBM, SPSS, whichever will be needed.
- 11) **Statistical analysis:** It will be done in due course with the help of Microsoft Excel and textbook on statistics. Appropriate statistics tools will be used, if needed.
- 12) **Research Technique:** Following the screening using inclusion criteria and exclusion criteria, eligible patients will be recruited into the study. After proper case taking, totality of symptoms will be made and evaluation of symptoms will be done. Repertorisation will be done with help of Boenninghausen's Therapeutic Pocket Book and on the basis of Individualization; similar remedy will be given to the patient.
- 13) **Treatment Method:**
 - a) Repetition and Change of Potency: Repetition and change of potency will be done according to the instructions given by Dr. Samuel Hahnemann in his 'Organon of Medicine'.
 - b) Diet and Regimen: Diet and Regimen will be advised according to every case and instructions given by Dr. Hahnemann in 'Organon of Medicine'.
 - c) Duration of Study: 1 year and 6 months (2021 - 2022)
 - d) Assessment and Follow Up: Assessment will be done on the basis of following criteria:

Positive Response:

- Complete Recovery: Complete removal of signs and symptoms, General sense of well being and active life, No new symptoms.
- Marked Improvement: 75% improvement of complaints, General sense of well being
- Moderate improvement: 50% improvement of complaints, General sense of well being
- Mild improvement: 25% improvement of complaints, General sense of well being

Negative Response:

No response of treatment

Follow up will be done at an interval of 3 days in an acute case and at an interval of 15 days in a chronic case.

3. Results and Discussion

The study was conducted to know the Clinical utility of Boenninghausen's therapeutic pocket book in various illnesses. Study was conducted among 50 patients. This study was confined to both male and females with every age group who are suffering from any physical disease.

Patients were selected according to inclusion and exclusion criteria. Full case taking was done according to case performa. Then, evaluation and analysis of symptoms were done after diagnosis of case, later repertorisation was done from BTPB repertory and medicine was selected on the basis totality of symptoms. Potency and repetition was done according to the principles of homoeopathy. In each and every case, proper follow up was taken and results were assessed by scoring that was done in every case according to severity and intensity of the symptoms.

26 % is seen in age group between 20 - < 30 years which is the highest incidence, 20 % is seen in age group 10 - < 20 years and 30 - < 40 years, 10 % is seen in age group 40 - < 50 years and 60 - < 70 years, 8 % is seen in age group 50 - < 60 years, 4 % is seen in age group 0 - < 10 years & 2 % is seen in 70 years and above age group.

There were 32 (64%) females and 18 (36%) males who take part in the study.

Among the studied cases, maximum 6 % is seen in cholecystitis, 4 % is seen in Allergic Rhinitis, Epistaxis, Irritable Bowel Syndrome, Leucorrhoea, Migraine, Sciatica, Sinusitis, 2 % is seen in Anaemia, Boils, Bronchial Asthma, Bronchitis, Calcaneal spur, Depression, Dysmenorrhoea, Eye Floaters, Fever, Fibroadenoma, Food Poisoning, Frozen Shoulder, Hay fever, Hemorrhoids, Lactose intolerance, Myalgia, Nasal Polyp, Nephrolithiasis, Onychomycosis, Osteoarthritis, Otitis Media, PCOD, Post - cholecystectomy syndrome, Prostatomegaly, Sensori - neural Hearing Loss, Tonsillitis, Trigeminal Neuralgia, Typhoid, Urinary Tract Infection, Urticaria, Vaginismus, Varicose ulcer, Varicose Veins.

76 % of cases has prominent concomitants and 24 % of cases are there in which concomitants are absent. This justifies that BTPB is more useful in cases with prominent concomitants.

From the studied 50 cases, it is seen that maximum 68 % of chronic diseases are there rather than 32 % of acute diseases. It is observed that maximum cases show mild improvement i. e. 28 %, followed by moderate improvement i. e. 26 %, followed by complete recovery by 18 %, followed by marked improvement by 16 %, followed by 12 % of negative response.

4. Conclusion

Results were obtained from remedies given after repertorisation from Therapeutic pocket book which were very encouraging. It was also found out that it is very easy to complete a symptom using Therapeutic pocket book because of the concept of grand generalization as discussed in the

review of literature. The concept of grand generalization signifies what is true for a part is true for whole of organism. Hence, Therapeutic Pocket book was found to be quite effective and useful if we gain a thorough knowledge of its plan and construction.

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