



Significance of Modalities in Homoeopathy with Few Examples of Homoeopathic Medicines - Homoeopathic Literature Review

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ABSTRACT

MODALITY - Modality shares its root with the word mode, meaning "the way in which something happens or is experienced". The word modality, refer to circumstances and conditions that affect or modified a symptom, aggravation and amelioration are two most important conditions of Modality . 'Modalities' or characteristics conditions , 'for example , which we have seen to be of the highest importance in selecting the remedy ,mean little or nothing to the pathologist or general diagnostician. In homoeopathy modality has a close relationship with Symptomatology in which objective and subjective symptom of patient has equal importance to find out the most similar medicine on the basis of fundamental law of similia . Among three component of complete Symptom , Modality is the key component , rest two Location and Sensation . The idea of complete symptom was introduced by the father of repertory Dr Boenninghausen. , Repertory of the Antipsorics , has the modalities for each part assembles at the end of the section of the repertory devoted to that part , as well as a section towards the end of the book devoted to general modalities.. Modalities are defines as the natural circumstances which aggravate or ameliorate the intensity of the existing symptoms and this information COLLECTED AND RECORDED by the homoeopaths using the notations of modality either in '>' better , ameliorated form, or '<' worse , aggravated form .

Keywords: Modality, Intensity , Similimum, Homoeopathic Medicine, Academics

AIMS AND OBJECTIVES

- 1) To minimize the time required for selecting the modality rubrics for analysis of case of indicated medicine in materia medica .
- 2) To Study each case which have complete symptom with regards to its Sensation ,location , and Concomitant symptoms of medicines.
- 3) To Study Symptom modalities of medicine which are observed both during proving of drugs and also during natural disease conditions
- 4) To Study Symptom modalities which are the most important factors to identify totally of case and thus ultimately help in the selection of the curative homoeopathic medicine

INTRODUCTION

Every symptoms is qualified by the factors ,which modify them . In most of the expressions ,the increasing factors is identified by the patients first ,and factors which give relief are hardly noticed. Modalities include factors such as causing, exciting ,increasing , decreasing or any other modification of the symptoms .In Boger book the complete symptoms are well arranged and it is seldom necessary to do Grand generalization Sensation and Modalities.

Modalities are the proper and most decisive modifiers of the characteristics ,not one of which utterly worthless ,not even the negative ones . They have developed in importance with the growth of Homeopathy.

Homoeopathic system of treatment is based on person's totality of symptoms with the most similar drug's symptomatology. Though it sounds simple, but the art of framing a rational & comprehensive totality of symptoms (of diseased individual) ,Totality of symptoms is not merely collection of all observable/ perceptible/ narrated symptoms of the sick person , Thus Modalities are the circumstances or conditions that affects or modify a symptom particular or general .

MODALITIES = Natural modifiers of a symptom

Dr. William Boericke well said : The "Modalities of a drug are the pathognomonic symptoms of the materia medica .

AGGRAVATION

"**aggravation**" is meant an increase or intensification of already existing symptoms by some appreciable circumstance or condition.

"**Aggravation**" is also used in homoeopathic parlance to describe those conditions in which, under the action of a deeply acting homoeopathic medicine (*or from other causes*), latent disease becomes active and expresses itself in the return of the old symptoms or the appearance of new symptoms. In such cases it represents the reaction of the organism to the stimulus of a well selected medicine, and is generally curative in its nature.

Aggravation means an increase of the intensity or Degree of the sufferings.

AMELIORATION

"**Amelioration**" is technically used to express the modification of relief, or diminution of intensity in any of the symptoms, or in the state of the patient as a whole, by medication, or by the influence of any agency, circumstance or condition.

Amelioration means diminution or relief of Intensity of the sufferings.

Modality has significant role to match the exact medicine along with the **rubric form** like a patient represents symptoms with their intensity and their time .Then On the bases of it I want to Explain here the Ideas of the Repertory which interconnect with modality itself.

According to idea of Boenninghausen , He has generalised the rubrics and remedies under a particular time modality if it is present in most anatomical parts or systems in **Materia Medica Pura** or Chronic Disease, so it is justifiable to use the analogy.

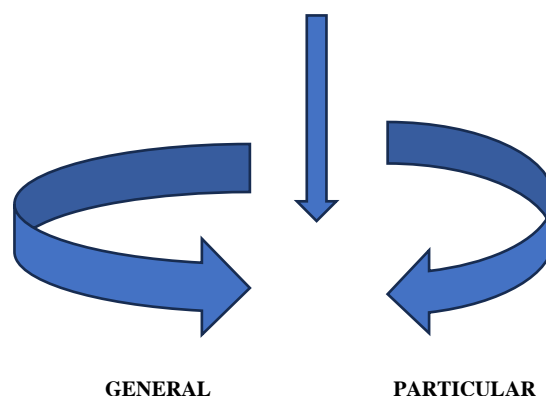
According to Idea of Boger Boenninghausensen' Characteristics & Repertory –

This REPERTORY contain **53 sections**, almost every section contain time, aggravation, amelioration. Also section no. **51** contains –conditions in general time & section no. **52** contains –conditions of agg. & amel. in general.

Prescription based on the selection of modality gives a perfect similimum medicine .When the medicine is selected based, modalities the outcome will be of good improvement. Kent says, "I have frequently known young men to mistake a modality for a symptom. This is fatal to a correct result. The symptom is a sensation or condition, and the modality is only a modification. The symptom often becomes peculiar or characteristic through its modality." {J.T. KENT, lesser writings, p.313}

As "**modalities**" of a **remedy** denote its intrinsic and essential qualities, in the same manner "**modalities**" of the **symptoms** and complaints of a patient identify the intrinsic and integral components of his disease and are always important as they modify the disease and greatly help us in finding the similimum.

CLASIFICATION OF MODALITIES



1. GENERAL MODALITIES

They are applying to the patient as whole .

Example -

Feels better in open air ,< from cold damp air as a whole etc

2. PARTICULAR MODALITIES

These are related to particular part of the patient body .

Example –

Headache relieved by the tight bandaging
abdominal pain relieved by taking food etc.

There are different types of modalities --

- 1) **TIME MODALITY** : symptoms that increase or decrease at the same or corresponding time comes under time modalities. such as -worse at night.

It mainly attributed by -

- Periodicity
- At same hour
- At same day
- Weekly
- Both day timings and clock timing

Time period of modalities are Shown in the given below Fig.No-1

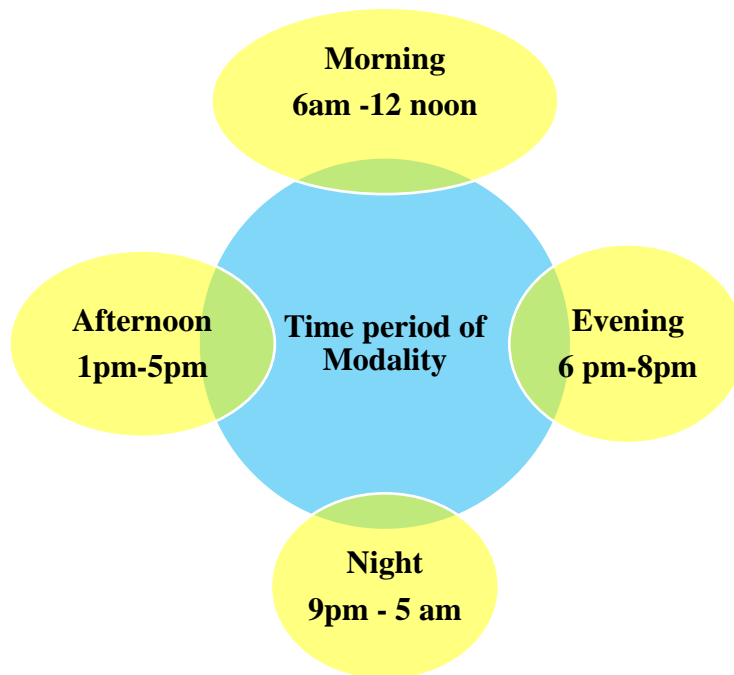


Fig.No.1 – Classification of Time Period Modality

Time modality further divided into 2 types :

- a) **Diurnal Modality** : happening over a period of a day. Such as:- symptoms are aggravated at sunrise to sunset (fig.No.-2)

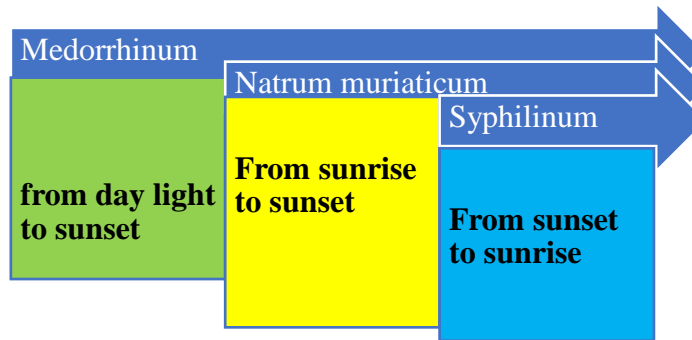


Fig. No.2 – Diurnal Modality of Medicine

b) **Specific time Modality:** increase or decrease in intensity of symptoms at particular time (Table.No.1)

Such as:- **Aggravation at 3 pm - Chin- sulph.**

Apis mel.

Bell.

Table.No.1– Intensity of Symptom at specific time

LYCOPodium: all complaints < at 4:00 to 8:00 pm
MERCURIUS : sunset to sunrise
NUX VOMICA : After 4 pm
PULSATILLA : 4 pm
SULPHUR : 11 am
SYPHILINUM : sunset to sunrise
THUJA : < at 3:00Am and 3:00pm

2) **POSTURE MODALITIES :** Stationary position in which a person adapts whether it is sitting ,standing and sleeping in order to decrease the symptoms.

Such as : < or > by lying on painful side, < or > by lying on painless side, > in knee chest position, > or < by bending forward,> by bending double,> by sitting erect, < or > by bending backward, > **by legs cross**, supporting while standing, supporting back with a pillow etc .(Table.No.-3)

Table. No. 3- Sleep Postural Modality of medicine

Plat met - Sleeps with legs far apart
Rhodo - Can not sleep unless legs are crossed
Stram - Sleep on back with knees and thighs flexed

Colocynth : Agonizing pain in abdomen in abdomen causing patient to **bend double** ,

Pains : are worse after **eating or drinking** ; compel patient to bend double (**Mag-p**)

< **by bending double** , **Dios**

3) **LOCOMOTION MODALITIES :** Ability of a person to move from one place to another place such as: Gait, walking, running, climbing steps upward [**ascending**] climbing downwards [**descending**], moving in a circular motion, rising from the seat {**first movement**}.

Iod – Great weakness and loss of breath on going upstairs

4) **WEATHER , CLIMATE, SEASON :** Weather, Climate, Season are the 3 different terms:

a. **Weather** : atmosphere in specific place within a short period.

Such as : < in foggy ,rainy, windy, cloudy ,hot ,humid, cold, damp, dry and thunderstorm.

b. **Climate** : average weather conditions over a place over a period of time.

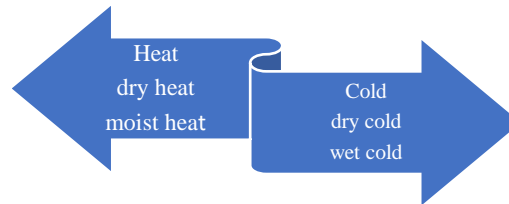
Such as : hot, cold ,rainy

c) **Season** : main periods into which a year can be divided, generally over a long period of time.

Such as: winter, summer, rainy

Rhodo – All symptoms reappear in rough weather ,night ,towards morning , worse before a storm

- 5) **THERMAL MODALITIES:** thermal modalities are those in which symptoms affection related to heat or cold , for eg.-



Dulc – Hot days and cold nights towards the close of summer are especially favorable to the action of this medicine that correspond in their symptoms to the conditions found as effects of damp weather ,colds after exposure to wet , especially diarrhoea

- 6) **EXTERNAL STIMULI MODALITIES :** Affection of symptoms in which reaction of a person towards external stimuli (**Table.No-4.**)

Table. No.4 - External Stimuli Modality

Pressure : < or > slightest pressure/ tight bandage >
Touch : fine touch / crude touch
light : < or > in dim light/bright light/sunlight/artificial light
Noise : by slightest sound/talking/< or > by music
Rubbing : it is always unintentional unlike massaging { in which external ointments or lotions are used }.

- 7) **FOOD AND DRINKS** : some people have intense craving for sour/sweet/spicy/pungent food and drinks but as soon as they, consume they end up with diarrhoea/vomiting/ increase in asthma/joint pains/itching/allergy/nausea/ Indigestion in the same day or preceding day. < by eating indigestible things.

Ars – Nausea, retching, vomiting , after eating or drinking

- 8) **PHYSIOLOGICAL ELIMINATION** : includes Urine passes while coughing,

pain > after stool, < or > by sweating.

Caust – Involuntary of passing of urine when coughing

- 9) **PHASES** : infancy, childhood, adolescence, adulthood, old age

10) EVENTS, CONDITIONS, UNNATURAL ELIMINATIONS : > by bleeding

> by elimination {eructation, flatulence, diarrhoea, vomiting }

>eating, menses, scratching, pus discharge, bathing, sleeping

Carbo veg – Eructations give temporary relief

11) . PSYCHOLOGICAL AND MENTAL FACTORS : a person's internal state of being and involuntary physiological response to an object or a situation, based on tied to physical state or sensory data. such as > by crying

> by consolation, > by expressing anger etc.

SOME EXAMPLES OF HOMOEOPATHIC MEDICINES WITH THEIR MODALITIES

AGGRAVATION

Aggravation after eating and drinking

1. **Croton tigrinum** : Constant urging to stool followed by sudden evacuation which comes out like a shot .Swashing sensation in intestine.During summer ,from fruits.
2. **Aloe.Socotina** : Involuntary stool associated with sensation of heaviness in the anus

3. **Argentum nitricum** : Causative factor is excessive indulgence in sweet sugar and nervous excitement.
4. **Arsenicum album** : Restlessness .Great prostration. Violent unquenchable thirst ,nausea and vomiting.
5. **Ferrum metallicum** : Desires for stool almost instantaneous with eating , and drinking .Aggravation at night .Stools are undigested .Easy flushing of face on slightest exertion.
6. **Nux vomica** : Diarrhea from abuse of intoxicated drinks ,high living debauchery .Backache ineffectual urging for stool .Oversensitive to external influences. Drowsiness after meals .
7. **Trombidium** : Thin brown stool (sometimes yellow) containing particles of undigested food are expelled with force .Pain in abdomen and tenesmus even after stool. Chill in back. Burning anus after stool.

AMELIORATION

Amelioration from open and cold

1. **Allium cepa** : Excessive bland lachrymation with Catarrhal dull headache ,with coryza ameliorates in open air and cold room. Cold washing relieves toothache .
2. **Alumina** : Cold washing relieves Leucorrhoea, skin troubles. Open air walking receives.
3. **Bismuth** : Toothache ameliorate by holding cold water in mouth . Amelioration of all complaints by applying cold ,cold bathing and open air most of them ,except headache .
4. **Cuprum metallicum** : Successively three Paroxysmal whooping cough ameliorate by drinking cold water.Thirst during heat and sweat stage ,cold water relieves .
5. **Mezerium** : Generally all skin complaints are ameliorated in open air, cold winds ,in cold . Toothache and drawing pain in limbs are ameliorated by walking in cool ,open air.
6. **Natrum muriaticum** : Skin complaints ameliorated by open air and by cold bathing .
7. **Pulsatilla** :Toothache ameliorates by drinking cold water .All the complaints generally ameliorates by open air ,cold things ,cold air ,cool room .

DISCUSSION

" All of these indications like aggravation and amelioration have been verified by such manifold experiences , this characteristic element of symptom is not confined to one or another symptom , but like a key elements which has a close relation with presenting disease symptoms with selecting medicine and it runs through all the morbid symptoms of a given remedy , which are associated with any kind of derangement whatever or even with any abnormal sensation of discomfort and hence it is available for both external and internal impression of the character of disease .

CONCLUSION

Above all Significant information about modalities in this content , It is concluded that - modalities are the important modification of symptoms which helps in formation of portrait of disease and medicine ,also explains a great relationship between modality and similar medicine for their prescription based concept of kent .

Most of the time Boenninghausen assigned grading in accordance with Materia medica and has Significantl role.

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