



DIET AND REGIMEN IN ACUTE AND CHRONIC DISEASES: A HOMOEOPATHIC PERSPECTIVE

Dr. R.Lagnajita¹, Dr. D.Saritha², Dr. Pragha³, Dr. VaishnaviJaiswal⁴, Dr. SowmikaThota⁵, Dr. AnnaladasuNakshatra Roy⁶, Dr. ThotaNiveditha⁷

¹ Professor, Head of the Department, Department of Organon of Medicine, Hamsa Homoeopathy Medical College, Hospital and Research Centre, Telangana

² Assistant Professor, Department of Organon of Medicine, Hamsa Homoeopathy Medical College, Hospital and Research Centre, Telangana

³ Assistant Professor, Department of Organon of Medicine, Hamsa Homoeopathy Medical College, Hospital and Research Centre, Telangana

⁴ Intern, Hamsa Homoeopathy Medical College, Hospital and Research Centre, Telangana

⁵ Intern, Hamsa Homoeopathy Medical College, Hospital and Research Centre, Telangana

⁶ Intern, Hamsa Homoeopathy Medical College, Hospital and Research Centre, Telangana

⁷ Intern, Hamsa Homoeopathy Medical College, Hospital and Research Centre, Telangana

ABSTRACT

Homoeopathy teaches us that healing is not just about taking medicine. It also includes how a person eats, sleeps, and lives. Hahnemann stressed that a doctor must remove "obstacles to cure" through the right diet and regimen in both acute and chronic illnesses. People who are sick need light food, rest, and mild treatment. People with long-term illnesses need to make changes to their food, habits, and surroundings that will last a long time. Using the organon of medicine, this article talks about diet and exercise for people with both acute and chronic diseases.

INTRODUCTION

Dr. Samuel Hahnemann offers overarching recommendations concerning dietary and lifestyle adjustments necessary for patients receiving treatment for acute and chronic illnesses, while the particular implementation in individual instances is entrusted to the judgment of the homeopathic practitioner. Homoeopathic medicine is the primary factor in the treatment of a patient. Diet and lifestyle only act as secondary factors. Therefore, we need to combine medical treatment along with the diet and lifestyle in order to ascertain the cure of the patient.

Homeopathic medicine is the main way that a patient is treated. Diet and lifestyle are not the most important things. We need to use both medical treatment and changes to the patient's diet and way of life to see if they are getting better.

Hahnemann also talks about the diet and regimen in aphorisms 259 to 263. The patient shouldn't eat or do anything that could have the same effect as the medicine because our medicines work in very small amounts. So, we need to look into these things.

ACUTE VERSUS CHRONIC DISEASES

HAHNEMANN MAKES CLEAR DIFFERENTIATION BETWEEN ACUTE AND CHRONIC DISEASES-

Acute diseases are "swift morbid processes of abnormally deranged vital force" – [Aphorism-72]⁽¹⁾. They usually come on quickly, get worse quickly, and go away quickly.

Chronic diseases are those that slowly drain your energy. [Aphorism-78]⁽¹⁾. They usually last for months, and if you don't take care of them, they will come back a lot. This helps us understand why diet and exercise are different for each person.

Stuart Close goes on to say that in acute disease, the vital force is attacked violently, while in chronic disease, it is slowly and steadily weakened⁽²⁾.

DIET IN ACUTE DISEASES:-

- Our vital force is busy fighting the disease when we are sick, which makes our digestion bad. This is why eating heavy foods is bad for us.

When you're sick, it's best to eat light foods like rice gruel, barley water, thin soups, and porridge. It is very important to drink small amounts of water or fruit juice often to stay hydrated.

Stay away from things that can make you feel bad, like alcohol, coffee, strong tea⁽³⁾, and hot foods. These things might make the medicine not work as well. The patient should eat small meals often because they help with digestion.

ORGANON APHORISM 262: Hahnemann says that the doctor must strictly forbid all harmful foods and drinks that can ruin the effects of medicine⁽¹⁾.

REGIMEN OF ACUTE DISEASES:-

- 1) Sleep and rest: The body heals the fastest when it gets enough sleep and rest.
- 2) GETTING SOME FRESH AIR: Getting some fresh air is the best way to feel better quickly.
- 3) QUIET ENVIRONMENT: The place we are in is very important for our healing. A peaceful setting is good for our minds, which helps the medicine work.
- 4) HYGIENE: This means having clean sheets, a comfortable temperature, and clothes that fit well.

ORGANON APHORISM 259: “THE PHYSICIAN MUST KEEP IN MIND THE REMOVAL OF EVERYTHING THAT COULD HINDER RECOVERY”

Kent stresses that even small kind of psychological disturbance can hinder the process of recovery⁽⁴⁾.

DIET IN CHRONIC DISEASES:-

: Diet is very important for people with chronic diseases because it doesn't just make them feel better in the short term; it also affects their health in the long term.

- 1) Eating a simple, well-balanced diet that includes raw fruits, vegetables, whole grains, pulses, nuts, and light protein will help you get better faster and make it easier to digest.
- 2) Moderation: You shouldn't eat too much.
- 3) Alcohol, tobacco, and coffee are all stimulants that can make medicine less effective, so you shouldn't use them.
- 4) Individualization: A person's diet should always be based on their body type and any illnesses they have, such as diabetes or arthritis.

ORGANON APHORISM 94:- The doctor must carefully look at the patient's lifestyle, job, habits, and diet when they have a chronic illness because these things could make the illness worse.

Robert says that an unhealthy diet is the main reason people get sick ⁽³⁾.

REGIMEN IN CHRONIC DISEASES:-

- 1) 1) SLEEP: Getting enough sleep every night helps you get better faster.
 - 2) EXERCISE: Activities like yoga or light movement can help blood flow.
 - 3) MENTAL HYGIENE: Being sick for a long time can make your mental health worse. In these cases, hobbies and friends can help make you feel better.
 - 4) THINGS TO AVOID: smoking, staying up late, drinking, and living a sedentary lifestyle.
 - 5) BALANCE: For recovery, it's important to have a good mix of work, rest, and play.
- ORGANON APHORISM 77: Long-term bad habits and ways of life are often what lead to chronic diseases.

ORGANON APHORISM 77:- Chronic diseases often arise from long continued deleterious influences on patient's health including habits and lifestyle.

Kent tells us that without removing this maintaining cause even the best selected remedy fails to act.

PHYSICIAN'S ROLE:-

The doctor's job is to give the right treatment. Hahnemann says in Aphorism 4, "The physician is also a preserver of health if he knows what makes people sick, what keeps them sick, and how to get rid of those things." So, a doctor isn't just someone who gives out prescriptions; they're also someone who listens carefully, looks closely, and tries to understand a person fully.

CONCLUSION:

Homoeopathy is not just about remedies; it also makes sure that the right conditions are in place for the cure to happen. In acute conditions, diet, a new environment, and rest are all important for quickly restoring vital force. For long-term health, it's important to have good habits, stay mentally calm, eat healthy food, and stay away from things that make you sick. So, true healing only happens when medicine and habits work together perfectly..

REFERENCES

1. 1.Samuel Hahnemann, Organon of medicine, 6th edition, B.Jain Publishers
2. 2.Stuart Close, The Genius of Homoeopathy, B.Jain Publishers
3. H.A Roberts, The Principles of Art of Cure by Homoeopathy, B.Jain Publishers
4. 4.Kent,J.T Lectures on Homoeopathic philosophy, B.Jain Publishers