

# JUST YOU THINK...

The Top Remedies for Various Disease Conditions

(Volume II)

From the vast practice of

**Dr. Sunirmal Sarkar**

Compiled by Dr. Gaurang Gaikwad

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***This book is affectionately dedicated to...***

*Dr. Gaurang Gaikwad, a very dynamic and young homeopath who is a role model for the younger generation and without whom this book would not have been possible.*

*Dr. Jayesh Shah, Dr. Mahesh Gandhi and Dr. Sujit Chatterjee from the other song academy, from whom I learnt different aspects of practice.*

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This book was mainly *Dr. Gaurang Gaikwad's* idea. A brilliant student of mine and now a thriving practitioner, he has worked tirelessly and passionately on this project for the past seven years by studying different Materia Medicas, studying cured cases and countless source books in order to correlate the different pathologies and remedies in those pathologies with one another. He also did vast research on various Clinical Repertories and Provings. I have added my own clinical observations and understanding to his compilation and am very thankful for his efforts.

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## DIFFERENT APPROACHES IN HOMEOPATHY

*Just You Think Volumes I and II* act to broaden the homeopath's vision in case analysis.

Dr. Sarkar has taught us that the secret to success in practice is the realization that each case is different, and therefore, requires a unique approach. Practicing in this way allows for the homeopath to stay true to the tenet of individualization, while helping the patient on the path to recovery.

It is very important to understand that these books should not be the sole references in the homeopath's library, but they can be used for two purposes. The first is to transfer the knowledge of various homeopathic indications and roles of a specific remedy in each respective condition or disease, and the second, more critical of the two, is how to apply this knowledge in cases.

In my experience, I have observed Dr. Sarkar use various approaches including:

### **Organ Remedies / Lesser-known Remedies**

Organ-specific remedies are self-explanatory. The patient is prescribed a remedy based on the organ affected in the respective pathology. For example, *Ceonanthus* has a special action on the spleen and *Ferrum iodatum*'s main action is on the glands.

### **Indian Remedies**

Indian remedies are often used in ayurvedic medicine with good results. They are to be remembered alongside the polycrest remedies and can be used in differential diagnosis. For example, *Rauwolfia* is an important remedy for hypertension when the patient has an *Aurum*-like state of mind.

### **Sarcodes**

If the symptoms of the patient show an excess or deficiency of specific hormones, we can use sarcodes to proceed with the case. For example, in cases of diabetic foot, use *Insulinum*.

### **Nosodes**

*Nosodes* can be used intercurrently or even constitutionally in practice, and their value is great.

For example, the *Osteoarthritic nosode* has very similar symptoms to *Rhus tox* with right sided affections and a *Sepia*-like indifference.

### **Bowel Nosodes**

*Bowel nosodes* are also very useful in practice. For example, the *Sycotic compound* is one of the main remedies for recurrent urinary tract infection. *Sycosis: catarrhal infection of the mucous membrane in U.T.I. Catarrhal condition, yellow, greenish thick discharge < cold, damp weather.*

### **Bach Flower Remedies**

Bach flower remedies are very useful in homoeopathic practice and we can use them in potentized form as well. For example, *Agrimony* is comparative to remedies like *Ignatia*, who like to keep grief inside. This remedy feels tortured and is fearful, yet talks with a smiling face. There is suppressed grief, and these patients hold their breath to get rid of pain (DDX. *Belladonna*). There are hepatic and renal affections. This remedy is useful after suppressed mental traumas, and is often used in cancers of the stomach. These patients will never discuss their suffering with anybody, and often there is a conflict between employer and employee. The suppression can lead to psychosomatic disorders. There is also artificial smiling in this remedy.

### **Tautopathic Remedies**

One major asset for a homeopath to have is a deep understanding of the diagnosis, prognosis and approach of modern medicine (allopathically). There must be a clear understanding of the patient's allopathic medicines along with the side effects of each respective drug. For example, the utilization of *Taxus baccata* in cases of cancer.

In Volume 1 of the JUST YOU THINK series, we completed diseases alphabetically arranged from A to H. Here, we examine from I to Z plus an addendum for further knowledge. Please enjoy and use this material wisely.

**-Dr. Gaurang Gaikwad**

## **Immune Thrombocytopenia (ITP)**

Immune thrombocytopenia (ITP) is a type of thrombocytopenic purpura defined as an isolated low platelet count (thrombocytopenia) with normal bone marrow and the absence of other causes of thrombocytopenia.

It causes a characteristic purpuric rash and an increased tendency to bleed.

Two distinct clinical syndromes manifest as an acute condition in children and a chronic condition in adults.

### **Medicines**

- I. China sulph.
- II. Carbo veg.
- III. Nigella sativa
- IV. Sulphuric acid
- V. Hamamelis virginiana
- VI. Ammon carb.
- VII. Arnica montana
- VIII. Vipera
- IX. Lachesis
- X. Crotallus horridus

## Leprosy

Leprosy, also known as Hansen's disease (HD), is a long-term infection by the bacterium *Mycobacterium leprae* or *Mycobacterium lepromatosis*. Initially, infections are without symptoms and typically remain this way for 5 to 20 years. Symptoms that develop include granulomas of the nerves, respiratory tract, skin, and eyes. This may result in a lack of ability to feel pain, thus loss of parts of extremities due to repeated injuries or infection due to unnoticed wounds.

### Medicines

- I. *Hura brasiliensis*
- II. *Anacardium*
- III. *Hoang nan*
- IV. *Hydrocotyle asiatica*

#### I. ***Hura brasiliensis***

*Hura* is the only remedy that is a pathological similimum for leprosy.

It is used in leprosy when the skin feels as if it were hide bound. There are tense vesicles and a sensation of a splinter under the thumb-nails and the skin of the forehead feels drawn tight.

The keynote of this remedy is depression like *Ignatia* along with osteoarthritis.

This is one of the main remedies for stiffness and cracking of joints especially in osteoarthritis. The neck is stiff and there is pain in the back.

## Macular Degeneration

Macular degeneration, also known as age-related macular degeneration (AMD or ARMD), is a medical condition, which may result in blurred or no vision in the center of the visual field. Early on there are often no symptoms.

Over time, however, some people experience a gradual worsening of vision that may affect one or both eyes.

### Medicines

- I. Vanadium
- II. Zincum sulph
- III. Phosphorus
- IV. Calcarea carbonica
- V. Nux vomica
- VI. Natrum mur.
- VII. Carboneum sulph and Thyroidinum
- VIII. Iodoformium

#### I. Vanadium

In my clinic, this is the number one remedy in cases of macular degeneration.

The main keynote includes a tendency to degenerate pathologically, an irresolute personality, deep skin pigmentation on forehead, neuroretinitis and blindness.

## Nausea in Pregnancy

Morning sickness, also called nausea and vomiting of pregnancy (NVP), is a symptom of pregnancy that involves nausea or vomiting. Despite the name, nausea or vomiting can occur at any time during the day.

A severe form of the condition is known as hyperemesis gravidarum and results in weight loss.

### Medicines

- I. Tabacum
- II. Cocculus
- III. Sepia
- IV. Apis mellifica
- V. Symphoricarpus racemosus
- VI. Lac defloratum
- VII. Cerium oxalicum
- VIII. Thyroidinum
- IX. Lactic acid
- X. Aletris farinosa
- XI. Ipecac
- XII. Apomorphinum
- XIII. Amygdalus persica
- XIV. Podophyllum

## Obesity

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health. People are generally considered obese when their body mass index (BMI), a measurement obtained by dividing a person's weight by the square of the person's height, is over 30 kg/m<sup>2</sup>, with the range 25–30 kg/m<sup>2</sup> defined as overweight.

### Medicines

- I. Thyroidinum
- II. Thuja
- III. Oophorinum
- IV. Fucus vesiculosus
- V. Garcinia morella
- VI. Capsicum
- VII. Kali carb.
- VIII. Lac defloratum
- IX. Ammonium mur.
- X. Kali bi.
- XI. Manganum

#### **I. Thyroidinum**

*Thyroidinum* is the main remedy to think of in cases of obesity especially if it comes along with other metabolic disorders.

## Pains of Cancer

Most cancer pain is caused by the tumour pressing on bones, nerves or other organs in the body. Sometimes pain is due to cancer treatment.

For example, some chemotherapy drugs can cause numbness and tingling in your hands and feet.

### Medicines

- I. *Latrodectus mactans*
- II. *Euphorbium*
- III. *Tarantula cubensis*
- IV. Phosphoric acid
- V. *Hydrastis*
- VI. *Calc ars.*
- VII. *Cinnamonium*
- VIII. *Calc-oxalica*
- IX. *Hydrocotyleasiatica*
- X. *Cundurang*
- XI. *Actaea spicata*
- XII. *Morphinum*
- XIII. *Ranunculus bulbosus*
- XIV. Radium bromide
- XV. *Citrus limonum*

## Raynaud's Disease

Raynaud syndrome, also known as Raynaud's phenomenon, is a medical condition in which spasm of arteries cause episodes of reduced blood flow. Typically, the fingers, and less commonly the toes, are involved. Rarely, the nose, ears, or lips are affected.

### Medicines

- I. Medorrhinum
- II. Agaricus muscarius
- III. Argentum nitricum
- IV. Sec cor.
- V. Brassica napus
- VI. Proteus

#### I. Medorrhinum

This is one of the top remedies for Raynauds in homeopathy.

There is weakness of memory and the patient cannot remember names, words or initial letters.

#### Noteworthy Symptoms:

- Cannot speak without weeping
- Many mental symptoms are < when thinking of them
- Ravenous hunger immediately after eating
- Constant thirst, dreams she is drinking

## Sarcoidosis

Sarcoidosis is a disease involving abnormal collections of inflammatory cells that form lumps known as granulomas. The disease usually begins in the lungs, skin, or lymph nodes.

Less commonly affected are the eyes, liver, heart, and brain.

### Medicines

- I. Kali iodatum
- II. Thuja
- III. Arsenicum iodatum
- IV. Bacillinum
- V. Beryllium

#### I. Kali iodatum

The profuse, watery, acrid coryza that the drug produces serves as a sure guiding symptom, especially when associated with pain in the frontal sinus for Sarcoidosis.

#### II. Thuja

Keynotes for Sarcoidosis for *Thuja* include persistent insomnia, left sidedness, stools after breakfast, after tea, and when he gets up in morning.

#### Noteworthy Symptoms:

- History of recurrent urinary tract infections
- Cannot tolerate cold air

## Throat Infection (Streptococcal Infection, Hoarseness)

Streptococcal infections are any type of infection caused by the group of bacteria Streptococcus.

There are many different types of Streptococci and infections vary in severity from mild throat infections to pneumonia.

### Medicines

- I. Streptococcinum
- II. Hepar sulph.
- III. Causticum
- IV. Merc iodatus ruber
- V. Eupion
- VI. Baryta cab
- VII. Sabadilla
- VIII. Ailanthus
- IX. Phytolacca
- X. Guaiacum

### I. Streptococcinum

This is a great remedy for patients who have a history of streptococcal infections and throat symptoms. The mind symptoms are like *Pulsatilla*: sympathetic, weeps at drop of the hat, and is worse by cloudy weather.

## Ulcer Duodenal

An ulcer in the first part of the intestines is known as a duodenal ulcer.

The most common symptoms of a duodenal ulcer are waking at night with upper abdominal pain or upper abdominal pain that improves with eating.

### Medicines

- I. Uranium nitricum
- II. Kali bi.
- III. Lycopodium
- IV. Reserpine
- V. Sulphuric acid
- VI. Proteus
- VII. Petroleum
- VIII. Prednisolone

#### **I. Uranium nitricum**

This remedy is my specific for duodenal ulcer (the only other remedy is *Anac.*).

There is boring pain in the pyloric region with gastric and duodenal ulcers.

## Varicose Ulcers

Varicose ulcers/Venous ulcers result from loss of epithelial cells causing exposure of the underlying tissue due to improper functioning of valves in the veins usually of the legs.

### Medicines

- I. Cardus marianus
- II. Clematis erecta
- III. Calcarea iododata
- IV. Paeonia officinalis
- V. Polyganum punctatum
- VI. Flouricum acidum
- VII. Vipera
- VIII. Cardus benedictus
- IX. Solanum niger
- X. Calcarea fluor.
- XI. Carbo animalis

### I. Cardus marianus

This remedy is *Chelidonium*-like. Varicose ulcers, alcoholism, liver pathology and asthma are the main indications for this remedy.

When complaints are accompanied by ascites, this should be the first prescription.

## Warts

Warts are typically small, rough, and hard growths that are similar in color to the rest of the skin.

They typically do not result in symptoms except when on the bottom of the feet where they may be painful.

### Medicines

- I. Thuja
- II. Ferrum picrata
- III. Sabina
- IV. Anagallis
- V. Berberis vulgaris
- VI. Antimonium crudum
- VII. Calcarea aaclicinata
- VIII. Dulcamara
- IX. Causticum
- X. Staphysagria
- XI. Cinnabaris

#### I. Thuja

This is the most popular remedy for warts. The warts are usually large, seedy, and pedunculated.

The skin looks dirty, brown or has brownish-white spots.

# **ADDENDUM**

## Acute Respiratory Distress Syndrome (ARDS)

Acute respiratory distress syndrome (ARDS) is a medical condition occurring in critically ill or critically wounded patients characterized by widespread inflammation in the lungs.

ARDS is not a particular disease; rather, it is a clinical phenotype, which may be triggered by various pathologies such as trauma, pneumonia and sepsis.

### Medicines

- I. Aspidosperma
- II. Blatta orientalis
- III. Carbo veg.
- IV. Antimonium arsenicum
- V. Laurocerasus
- VI. Aconite
- VII. Arsenicum album
- VIII. Cassia sophera

#### I. Aspidosperma

*Aspidosperma* is called the “*Digitalis of the lung.*”

Give the medicine when no other symptoms are present except for breathlessness. It stimulates the respiratory centres, increasing the oxidation of blood and excretion of carbonic acid.

## JUST YOU THINK...

In this magnum opus, Dr. Sunirmal Sarkar along with Dr. Gaurang Gaikwad, who worked on this book for many years, compiled information of more than two hundred disease conditions along with a list of remedies that are commonly indicated in each condition.

This work is not going to replace the older and classical method of individualization and case analysis, but it is a Repertorial Materia Medica that can be used as a reference for various pathologies, from simple to complex.

This book was formed based on the study of Boericke's Materia Medica, Clarke's Dictionary Practical Materia Medica, Pulford's Graphic Drug Pictures, NM Chaudhary's studies, Hering's Guiding Symptoms, Farrington's Clinical Materia Medica and Hahnemann's Materia Medica Pura. Repertories like Knerr's Repertory, Kent's Repertory and Boericke's Repertory were also extensively examined. Old homeopathic journals including Hahnemanian Gleanings and the North American Journal of Homeopathy were reviewed and an in-depth investigation of other writings of various masters like Burnetts, Lippe, R.T. Cooper, Grimmer, and Bernoville was conducted.

Many cured cases of Dr. Sarkar were assessed and reviewed, as well as cases of various other Kolkata masters.

*This book acts to encourage the reader's curiosity and broaden their minds. In each chapter, the reader will not only see common polychrest remedies, but also organ-specific remedies, Indian remedies, Bach flower remedies, allopathic remedies in potentised form, pathological remedies, etc. proving that there is an entire spectrum of remedies we can use and that we should not be limited in our view. As Dr. Sarkar says, we should just think out of the box. – Dr. Rajan Sankaran*



**Dr. Sunirmal Sarkar** is one of the busiest practitioners in West Bengal. He was a professor of Materia Medica at The National Institute of Homoeopathy in Kolkata. In 35 years of clinical practice, Dr. Sarkar's tremendous success in pathological cases has compelled the rest of the homoeopathic world to witness what he is doing and how he is doing it.

Dr. Sarkar is a dedicated and voracious reader of the Materia Medica, Repertory, and Clinical Medicine. He is a master of Allen's Keynotes, Boericke's Materia Medica, Kent Repertory, and Pulford's Materia Medica. His affinity and desire for reading, depth of understanding, innovative thinking and extensive clinical practice, have created a unique approach, which is inclusive of his case-taking method, follow-ups, and potency selection.



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