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Review Article

Importance of Diet/Nutrition and Regimen in Homoeopathic Treatment

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ABSTRACT

Homoeopathy is a safe and natural form of medicine, based on the principle of "Similia Similibus Curentur". It means "like is cured by like" i.e. a disease may be cured by something that can cause similar symptoms. Homoeopathy is concerned with treating the whole person rather than the illness alone. The homeopathic remedy selected will be based on all the symptoms of the patient including physical, mental and emotional states as well as past history, family history, and intrauterine history of the patient. Homoeopathic remedies stimulate the body's own immune system and offer a long lasting cure rather than giving temporary relief. On the other hand, the action of the homeopathic remedy becomes complete when proper guidance regarding instructions about diet and regimen mentioned by stalwarts of homeopathic physicians are followed. The objective of the present review article is to discuss how diet and regimen also are the key factors for successful treatment of a disease. Therefore, research on the nutritional values of different foods must be evaluated to be used as nutraceuticals, besides regimen is also important to treat different disease. Finally, combination of medicine, food (nutrition) and regimen are important for the successful treatment of a disease.

Keywords: Diet, homoeopathy, principles of homeopathy, regimen, successful treatment.

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INTRODUCTION

In almost every period in the history of medicine, the importance of diet in the treatment of diseases has been universally recognized, but the therapeutics value of food is not carefully studied which has wide application in the present day. In the management of all morbid condition, a suitable adaptation of the food to the altered state of the organism has the highest importance. In order to enjoy a healthy and long life, one requires food which contains nutrition. However, medicinal parts of food and drinks which are either merely diluents or diluents and, must be nutritious at the same time. It may contain no medicinal and irritating component parts such as pure spring water and milk. In the way to stimulate the taste, the only substances that have been found to be harmless and suitable for the human body are kitchen salt, sugar and vinegar, all three when consumed in small or in some cases consumed in moderate quantities. Most objectionable of all is the frequent use of purely medicinal substances as food with great power in diet. Medicinal things are substances that do not nourish but alter the healthy condition of the body and this alternation in the healthy state of the body constitutes a kind

of abnormal morbid condition. In the administration of food in disease, one has to pay a special regard to the state of the digestive and assimilative organ as influenced by the existing pathological process. "A universal diet" is "like a universal medicine is an ideal dream" as per Hahnemann, the father of homoeopathy. In "Medicine of Experience" he mentioned that there are certain principle to guide us in the dietetics of chronic diseases but in acute diseases, he says, the delicate and unerring tact of the awakened internal sense that preside over the maintenance of life speaks so clearly. So precisely, much inconformity with nature, that the physician needs only to impress on the friends and attendants of the patients not to oppose, in anyway, this voice of nature by refusing or exceeding its demands, or by a hurtful efficaciousness¹⁻⁵.

DIET AND REGIMEN

Various dictionaries explain the definition of food. The food intake of an individual is well described in the Faber medical dictionary. The food is something habitually consumed by a person in a planned manner. Food is also prescribed or selected especially designed for weight loss or the control of

some disorder –as described by the chamber dictionary. Liquid and solid food substances regularly consumed in the course of normal living or to eat or drink sparingly in accordance with prescribed rules- as described by Taber's cyclopedia medical dictionary. Way of feeding, prescribed course of food, regimen one's habitual food – as described by oxford illustrated dictionary. The customary allowance of food and drinks taken by any person from day to days particularly one especially planned to meet specific requirements of the individual and including or excluding certain items of food – as described by Dorland's illustrated medical dictionary.

Similarly, regimen is a systematic plan of activities, treatment, diet, sleep and exercise design to improve, maintain or reserve health- as described by Taber's cyclopedia medical dictionary⁶⁻⁹.

DIET AND REGIMEN IN CHRONIC DISEASE

According to aph.259 - "Considering the minuteness of the doses necessary and proper in homoeopathic treatment, one can easily understand that during the treatment everything must be removed from diet and regimen which can have any medicinal action, in order that small dose may not be overwhelmed and extinguished or disturbed by any foreign medicinal irritant. It means, foreign medicinal irritant which act as an obstacle to cure, must be removed from diet and regimen. To explain this Hahnemann had given a philosophical explanation in the foot note of aph.259 as – "The softest tones of a distant flute that in the still midnight hours would inspire a tender heart with exalted feelings and dissolve in religious ecstasy are inaudible and powerless amid discordant cries and noise of day. He gives emphasis on diet and regimen and said in aph.260 as-

"Hence the careful investigation into such obstacles to cure is so much the more necessary in the case of patients affected by chronic diseases, as their diseases are usually aggravated by such noxious influences and other disease causing errors in the diet and regimen, which often pass unnoticed. According to aph.261-"The most appropriate regimen during the employment of medicine in chronic diseases consists in the removal of such obstacles to recovery, and in supplying where necessary the reverse; innocent moral and intellectual recreation, active exercise in open air in almost all kinds of weather (daily walk, slight manual) suitable, nutritious non medicinal food and drink"

HAHNEMANN'S LIST OF AVOIDED DIET AND REGIMEN IN CHRONIC DISEASES

Following foods and regimens are advised by Hahnemann not to be consumed by patients suffering from chronic diseases

1) Beverages

- coffee, fine Chinese, tea and other herb teas, beer prepared with medicinal vegetable substances unsuitable for the patient's state.
- Fine liquor made with medicinal spices.
- All kinds of punch, odorous water.

2) Food

- Highly spiced dishes and sauces.
- Spiced cakes and ices.
- Crude medicinal vegetables for soups.

- Dishes of herbs, roots and stalks of plants possessing medicinal qualities.
- Celery.
- Onion.
- Old cheese and meats in a state of decomposition.
- Flesh and fat of pork, ducks, geese or veal that is too young and sour viands.
- All excess in food and in the use of sugar and salts.

3) Toilet Articles

- Strong scented flowers in the room.
- Tooth powder.
- Essences.
- Odorous water and perfumes of many kinds.

4) Clothing and Mode of Life

- Heated room.
- A sedentary life in close apartment.
- The frequent indulgence in passive exercise (such as riding, driving, swinging).
- Prolonged suckling.
- Taking a long sleep in recumbent posture.
- Sitting up long at night.
- Uncleanliness.
- Unnatural debauchery, enervation by reading obscene books.
- Reading while lying down.
- Onanism or imperfect or suppressed intercourse in order to prevent conception.
- Subject of anger, grief or vexation.
- Over exertion of mind and body.
- Dwelling in marshy districts, damp room, and poor living.

If the patient has been accustomed for a long time to woollen under clothing, with the diminishing of the intensity of the disease the woollen under garments may in warm weather be first changed to cotton and then in warm weather the patient can pass to linen¹⁰⁻²⁰.

DIET AND REGIMEN IN ACUTE DISEASE

As described in in aph.262 -"In acute diseases, on the other hand- except in cases of mental alienation – the subtle, unerring internal sense of the awakened life preserving faculty determines so clearly and precisely, that the physician only requires to counsel the friends and attendants to put no obstacles in the way of this voice of nature by refusing anything the patient urgently desires in the way of food, or by trying to persuade him to partake of anything injurious. Similarly in aph.263-it is explained that"The desire of the patient affected by an acute disease with regard to food and drink is certainly chiefly for things that give palliative relief; they are, however, not strictly speaking of a medicinal character, and merely supply a sort of want. The slight hindrances that the gratification of this desire, within moderate bounds, could oppose to the radical removal of the disease will be amply counter acted and overcome by the power of the homeopathically suited

medicine and the vital force set free by it". That in acute disease Hahnemann advised to gratify the patient's desire with regard to food and drinks.

In acute disease the patient desires those things that give palliative relief and they are usually not of a medicinal character. For instances, in pure inflammatory disease where aconite is so indispensable whose action would be destroyed by partaking of vegetable acid, the desire of the patient is almost for pure cold water only²¹⁻²⁵.

TEMPERATURE AND CLOTHING

Temperature of the room and the quality of covering must be arranged entirely according to the desire of the patient.

MIND

He must be kept free from all over exertion of mind and exciting emotion.

SEXUAL SPHERE

Physician must be very cautious and should know how to banish intercourse which should prove to be morally and psychically injurious, as this is also physically injurious, but if both parties are able and disposed to it, such an interdict is to say the least, ridiculous, as it neither can nor will be obeyed. If one party is incapable of sexual intercourse this of itself will stop such intercourse. Homoeopathy only interferes in such cases to make the party that is incapable of sexual intercourse capable of it through antipsoric (antisyphilitic) remedies or on the other hand to reduce an excitable consort's morbidity to its natural tone. The flirtations and empty excitation of sensuality between the sexes, the reading of indelicate novels and poems of a like character are to be all together interdicted.

MODE OF LIFE

Limitation and modification of the strict mode of life as regularly prescribed by homoeopathy must be allowed in order to make possible the cure of tedious diseases with individuals so very different. A strict homoeopathic diet and regimen does not cure chronic patient only pave the way to cure. The daily laborer if his strength allows should continue his labor. Only labors that would interfere with the health of healthy person should be avoided. The class of men with sedentary work only should be advised to work more in the open air. Person belonging to higher classes should be urged to take walk more than is their custom. We can allow them the innocent amusement of moderate and becoming dancing, social meeting with acquaintances where conversation is the chief amusement. We can allow them enjoying harmless music but cannot allow them playing cards. Scholars should also under go regular exercise, in bad weather light mechanical work indoors. During the medical treatment mental occupation should be limited to work from memory .since straining the head by reading is hardly ever to be allowed or at list only with great limitation and a strict definition as to the quantity and quality of what is read that is in treating any of the more sever chronic diseases. In mental disorder it can never be allowed. Chronic patient must be forbidden the use of any domestic medicine or the use of any medicine on their own account. As to diet with the lower class there need be no very strict limitation especially if the patient is able to remain at work .in his trade, thus giving motion to the body. The poor man can recover health even with a diet of salt and bread and neither the moderate use of potatoes, flour-porridge, no fresh cheese will hinder his recovery, only let him limit the condiments of onions and pepper with his meager diet²⁶⁻²⁸.

RESTRICTED FOODS UNDER HOMOEOPATHIC TREATMENT

- Coffee has in great part the injurious effects on the health of the body and soul. Chronic patient must all together give up this part of their diet which is insidiously injurious and become so much of a habit and a necessity to the greater part of the so called enlightened nations.
- Wine should be restricted. In patient with accustom to wine should be advised to leave it gradually even men in quite good health it is improper and in many ways injurious to drinks pure wine as customary beverage. Wine mixed with five or six part of water and a little sugar may be allowed in all chronic patients as their usual beverage. Whisky or brandy or beer must also be stopped. Among the articles of diet which are generally injurious to chronic patient are also all dishes containing vinegar or citric acid .this produces disagreeable sensation and troubles in those affected with nervous and abdomen ailments. For such patient very acid fruits are to be allowed only in very small quantities.
- Impotent patient should limit themselves in eating young chicken and eggs and should avoid the irritating spice of vanilla.
- Ladies with *scanty menses* must avoid the use the saffron and cinnamon.
- Person with weak stomach should avoid cinnamon, cloves, pepper, ginger and bitter substances. Vegetables causing flatulence should be forbidden in all abdominal troubles and where there is an inclination to constipation and costiveness.
- The flesh and fat of geese and ducks are even less to be permitted to chronic patients than pork. Pickled and smoked meats should be rarely used and only in small quantities.
- Sprinkling chopped raw herbs on soups putting pot – herbs into vegetables, and eating old, rancid cheese must be avoided.
- Fish dried in air or smoked should be avoided. Salt fish (herrings and sardines) only rarely and sparingly.
- Tobacco should also be carefully considered.

EXCITING AND MAINTAINING FACTORS

All those events in human life which can bring the psora latent and slumbering within, so as to break into open chronic disease, must be avoided as far as possible. If these same events occur to a person already chronic sufferer may not only augment his disease but also increases the difficulty of curing it. Even may make his disease incurable. Such events are Excessive hardship, laboring in swamps, great bodily injuries and wound, excess of cold or heat and even unsatisfied hunger of poverty and its unwholesome food, grief, vexation. Uninterrupted grief and vexation very soon increases even the smallest traces of a slumbering psora into more severe symptoms and may lead to development of all imaginable chronic sufferings. These two events can frequently augment ailments already existing. If grief and vexation continually beat in upon him and it is out of the power of the physician to effect a lasting removal of this most active destroyer of life, he had better give up the treatment and leave the patient to his fate.

WHOLESOME FOOD

Beef and good wheat –bread or rye –bread together with cow milk and a moderate use of fresh butter seem to be the most natural and harmless food for men and also for chronic patient. Only little salt should be used next to beef in wholesome are mutton, venison, grown chicken and young pigeons.

ACCORDING TO HAHNEMANN'S LESSER WRITING

Moderation and attention to what best suits your individual constitution in every condition. In healthy state the human stomach only needs an instinct to direct us to certain class of food which we should partake of from time to time if we would continue in right good health .thus for instances the former who has over worked himself says to his wife when she is about set before him cheese and eggs “I wish you would make me salad if you have any sour milk, give me a little of whey in place of any food or something else sour”. In morbid state we perceptively loose our appetite for certain classes and even varieties of food and desire for other classes and varieties is developed without our knowing why.The delicate women in family way put chalk in to her mouth. She knows not that she has an intolerable acid in her stomach and still less does she know the chemical property of the chalk of neutralizing and removing acids. What teaches her to swallow greedily this specific for her ailments. This sense which we term hunger thirst and satiety is in the case of healthy person who have not much choice food almost only guardian of their health they can determine to a mouthful when they have taken enough for their health. Moderation, strict moderation, that is not to be bribed by a pampered, corrupt palate, is a sublime corporeal virtue without which we cannot become healthy or happy. There is not and cannot be anything which as a general rule is absolutely unwholesome or wholesome. It is however very good and laudable to have some knowledge of the various articles of food, their nature and properties before entering on the great world, in order that we may avoid mistaking toad stool for mushrooms.

FOOD AND REGIMEN ACCORDING TO BOENNING HAUSEN

PERMITTED FOOD

- a) *Meat*- beef, mutton, venison of all kind (but it mustn't have the gout) even meat of wild boars and their young raw hams not the fat, chicken, grown pigeon, not to young and with patient s who are not suffering from troubles of the stomach or the bowels, also occasionally some roast veal is not injurious. Smoked and pickled meats are also permitted.
- b) *Fish* are to beaten in moderation and only at noon, if they are fresh and prepared in a simple manner.
- c) Of the other animal food there are also permitted butter raw or soft boiled egg, milk, which is most safe if first boiled, butter milk.
- d) *Vegetables* – well baked and unspiced bread of clean wheat. Among the vegetables permitted are potatoes, groundnut, beets, cauliflowers, cabbage and kale spinach, leguminous plant, carrots, turnips, when they are prepared without spices with only a moderate amount of fat. Rice, maize, grits and groats of wheat, oats, barley, as also millet, peas, beans. Also the salads which are cooked not raw salad may be eaten. So also some of the pot herbs loss their medicinal virtue by cooking and May then be used without injury.

- e) *Fruit* – all fruits when fully ripe, if sweet varieties are chosen, may be safely eaten. Among these we would especially enumerate – cherries, peaches, apricots (but all these cooked without their stones) apples, pears, grapes, rasp berries, mulberries, melon, pumpkin, oranges, pineapples, dates, figs, gooseberries. Just as harmless are preserved fruits when put up with pure sugar as also iced fruits unless the same should be forbidden owing to their coldness, where there is weakness of the stomach.
- f) *Beverages* –the most natural and harmless drink is pure water that has been boiled and after words cooled again. next to this we would place milk, butter milk and whey (must be boiled) beside these, there are permitted small beer which is not brewed too strong and has well fermented as also the other beers similarly prepared, unspiced hot beer, barley or rice, unspiced chocolate tea or coca, milk of almonds then also broth of beef and chicken, of pigeons which must also be unseasoned and not too fat. Vinegar, even if quite pure and unadulterated can never be used as a beverage and seldom as an addition to it.

PERMITTED TOILET ARTICLE

Among these but few can be granted to the Homoeopathic public.For cleaning teeth, the patient should use pure water and finely powdered charcoal or the coal from burned bread, without the addition of any perfume. Instead of fumigating the room a frequent airing of the rooms and cleanliness in the same must serve. For bath we substitute a quick washing off with clear water and unperformed white soap. Finally whoever is accustomed to the use of tobacco must moderate its excessive use.

PERMITTED CLOTHING AND MODE OF LIFE

The clothing of the patient must be comfortable. Moderate exercise in open air, even a dance in pleasant company if not too exhausting and if strength permits. He should sleep, eat and drink according to his desire neither more nor less. May involve with innocent social amusement. He should seek to feel out his time as far as possible with light and pleasant employment.

FORBIDDEN FOOD

- Meat – very young and soft boiled veal, fat pork, the meat of duck and geese. (The later three are especially harmful in cutaneous disorder.) Liver kidney brain, any meat which is very fat or such has become medicinal by the addition of spices or piquant sauces.
- Fish – it is safest to avoid them altogether.
- Other animal foods that must be avoided are hardboiled egg, things baked from eggs, raw milk raw milk; cream, highly seasoned cheese especially limburger cheese.
- Vegetable all vegetable food and salad which are not cooked are forbidden, cakes and cookies especially such as are very rich , prepared with spices, honey and the like and decorated with metallic leaflets or colour which are often actually poisonous.
- Among the injurious vegetables are – chest nut, old kohlrabi, beets, artichokes, asparagus, shoots of hops, corn salad, rue, horse radish, onion of all kinds, mustard. Large and small radishes.
- So also all spices belonging to the exotic and dry class to be avoided. As they all have more or less medicinal

qualities. Among them are –cinnamon, saffron, ginger, pepper, nutmeg, vanilla, red pepper, lemon, bitter almonds etc.

- Fruits: unripe fruit and also acid fruit does not agree with homoeopathic treatment.
- Beverages: coffee, Chinese tea whether green and black. Also we have to avoid such strong drinks like wine, brandy, rum, liquors of all kinds, Punch, cardinal. Furthermore during Homoeopathic treatment all vegetable acid and all kinds of vinegar sauces or salads are to be avoided²⁹⁻³⁴.

FORBIDDEN TOILET ARTICLE

Luxury and fashion have introduced many thing in life especially in to the life of well to do position of humanity which not only is incompatible with homoeopathic diet but exert even a hurtful influence on healthy person while many are ignorant of their cause. Among these are the many kinds of perfumes made of ambergris, must etc. as also similar soaps, smelling mixtures and washes, naphtha's ,eau de cologne .beside this we find tooth powder , tooth washes and essences made from medicinal substances must be avoided. Most certainly should we guard against the smell of camphor's which suppresses nearly all medicine?

Clothing and mode of life:-In general, the comfort of the patient is almost the only criterion with respect to mind and spirit everything passionate and straining is very injurious and should be carefully avoided .not only vexation, grief,

fright, anger etc. but also excessive joy and other pleasant affection act in a disturbing manner .

FOOD TO BE AVOIDED IN SPECIFIC DISEASES:

NAME OF DISEASE:

- Celiac sprue - avoid glutens.
- Cholelithiasis - avoid fatty food.
- Cirrhosis - limits sodium, protein intake, alcohol.
- Congestive heart failure - limits sodium.
- Esophagitis - avoid alcohol, non-steroidal drugs, tobacco.
- Gastro esophageal reflux - avoid caffeine, chocolate, mints or late meals.
- Gout - limit alcohol and purine intake.
- Irritable bowel syndrome - increase fiber content of meals, limit dairy product.
- Kidney stone formation - liberal fluid intake.
- Nephritic syndrome - limits sodium intake.
- Obesity - caloric restriction with increase exercise.
- Renal failure - limits sodium, potassium, protein and fluid.
- Osteoporosis - supplement calcium and vitamin-D, limited alcohol and tobacco.

Table 1: Homeopathic medicines and foods relation

Medicines	To Be Restricted	To Be Recommended
Aconitum Napellus	Alcohol, Beer, Butter,(Cold Food) Fatty Food, Fruits, Hot Food, Pork, Sour & Acids, Vinegar, Sweets, Warm Food (Wine)	Coffee, Cold Drinks, & Cold Water,(Cold Food), Milk(Wine)
AethusaCynapium	Coffee & Milk	
Antimonium Tart.	Apples, Butter, Fatty Food, Hot Drinks, Hot Food, Milk, Pork, Sight Of Food, Sour & Acids, Warm Food, Sour Wine	Cold Drinks, Cold Water ,Cold Food.
ApisMellifica	(Cold Drinks & Cold Water), Hot Drinks, Hot Food, Pickles, Sour & Acids, Warm Drinks.	(Cold Drinks & Cold Water), Cold Food, Milk
Argentum Metallicum	Milk	Coffee, Sour & Acids
Arnica Montana	Alcohol, Wine.	
Aurum Metallicum	Alcohol, Wine.	
Bacillinum	Chicken	
Bryonia Alba	Beans & Peas,Bread,Cabbage, Old Cheese, Fruits,Hot Drinks, Cold Water In Hot Weather & When Heated(Cold Food), Rich Food	Cold Drinks & Cold Water Cold Food
CalcareaCarbonica	Dry Food, <i>Eggs</i> , Coffee, Fatty Food, Indigestible Things, Milk, Oyster, <i>Salad</i> , Salt, <i>Sauerkraut</i> , <i>Smoked Food</i> , Sweets, <i>Wine</i> ,	Cold Food, Cold Drinks, Cold Water.
CalcareaSulphurica	Milk	
CarboVegetabilis	Alcohol, Butter, Cold Drinks, Fatty Food, Spoiled Fish, Fruits, Hot Drinks, Ice, Liquor, Bad Meat, Pickled Meat, Pork, Milk, Frozen Food, Hot Drinks,Rich Food, Salt,Sour And Acids, Decayed Vegetables, Vinegar, Warm Food.	Cold Food ,Hot Food,
Graphites	Cold Drinks & Cold Water, Fatty Food,Pork, Sweets,Vinegar.	Cold Food,Warm Milk,Warm Drinks,

Hepar-Sulphuris-Calcareum.	Alcohol, Brandy, Butter, Cold Drinks, Cold Water, Fatty Food, Sour And Acids,	Spices, Highly Seasoned Food,
Lac Caninum	Milk,	
Lachesis	Alcohol, Brandy, Whisky, Spoiled Fish, Hot Drinks, Hot Food, Bad Meats, Milk, Warm Drinks, Warm Food.	Coffee, Cold Food.
Lycopodium Clavatum	Beans, Alcohol, Dry Foods, Eggs, Fatty Food, Fish, Flatulent Food, Milk, Oysters, Shell Fish, Sweets, Wine.	Hot Food, Warm Drinks, Warm Food.
Mercurius	Alcohol, Coffee, Cold Drinks, Sugar, Sweets, Warm Food, Wine, Sulphureted Wine,	Cold Food & Milk.
Natrum Muriaticum	Alcohols, Bread, Smell Of Coffee, Fatty Food, Honey. Milk, Pickles, Salt, Smell Of Food, Acids.	Cold Food, Hot Food, Salt,
Nitric Acid	Bread, Butter, Coffee, Cold Drinks, Cold Food, Rich Food, Warm Food	Hot Food,
Nux Vomica	Alcohol, Beer, Brandy, Whisky, Bread, Coffee, Cold Drinks & Cold Water, Cold Food, Onion, Spices, Condiments And Highly Seasoned Food, Tea, Wine.	Hot Food, Cold Food, Warm Drinks.
Petroleum	Alcohol, Beans, Cabbage, Flatulent Food, Sauerkraut, Vegetables.	
Phosphorous	Alcohol, Apples, Butter, Cheese, Hot Drinks, Hot Food, Milk, Pastry, Salt, Sauerkraut, Warm Food, Warm Drinks.	Cold Drinks, Cold Food, Cold Water.
Platina	Coffee.	
Psorinum	Coffee, Farinaceous Food, Fatty Food, Fruits, Sour Fruits, Milk, Acids.	
Pulsatilla	Alcohol, Breads, Butter, Cabbage, Chocolate, Coffee, Dry Food, Egg, Farinaceous Food, Fatty Food, Frozen Food	Cold Food, Vinegar
Rhus Tox	Beer, Brandy & Whisky, Bread, Old Cheese	Cold Food, Hot Food, Warm Drinks
Sepia	Bread, Butter, Cold Drinks, Cold Water, Fatty Food, Fruits, Milk, Pork, Tea, Potatoes, Rich Food, Sour & Acids, Sulphureted Wine	
Silicea	Alcohol Cold Drinks, Cold Food, Cold Water. Mother's Milk, Potatoes, Sight & Smell Of Food, Smoked Food, Wine	Cold Food, Hot Food.
Sulphur	Alcohol, Brandy & Whisky, Bread, Cabbage, Cold Water, Fatty Food, Milk, Potatoes, Sight & Smell Of Food, Sugar, Sweets, Vinegar.	Cold & Hot Food.
Syphillinum	Alcohol Cold Food.	
Thuja	Alcohol, Coffee, Onion, Fatty Food, Sugar Sweets, Tea.	Cold Drinks & Cold Water.
Tuberculinum	Smell Of Coffee, Hot Food.	

R. E. DUDGEON in lectures on the theory and practice of Homoeopathy opined that our dietetic rules must be adapted like our medicinal prescriptions, to each individual case.

The object of dietetic restriction is two folds. Firstly, to prevent the patient taking any medicinal substances that could interfere with the medicine he is taking. Secondly, to prevent him any article of food that could derange his stomach or prove indigestible.

The physician can direct the patient in reference to the first point but as regards the second he must be guided very much by the patients experience as to what agrees and what disagrees.

It will be observed that Hahnemann's prohibition of condiments and spices his only conditional and I have often found it absolutely necessary to restore to patients a certain amounts of condiments of which they had been absolutely deprived by a former Homoeopathic practitioner or by myself.....in such cases, the harm done by the moderate ingestion of the ordinary spices with which our dishes are seasoned is more than counter balance by the increased vigor attained by a better appetite and a greater relish for food. Of course it is only in certain cases where this slight departure from the strict dietetic rules adapted by some can be allowed, but the judicious and attentive practitioner will readily know when to allow and when to prohibit such dietetics luxuries."

As regards the diet in acute disease, little can be added to what Hahnemann has said respecting the expediency of being guided by the instincts of the stomach. We must, however, be careful to distinguish between the real cravings of the stomach and those morbid longings for food often experienced by patients at the commencement of febrile diseases, the indulgence of which would be fraught with danger. The administration of stimulants in certain cases of low typhoid fever is, I am convinced, often indispensable to the recovery of the patients.

No the important question to be answered would be "Is it necessary to impose such burdensome dietetic restriction while treating patient, How much it is Practical?"

Boeninghausen, whose masterly & practical interpretation of the homoeopathic principles evoked the apparition of Hahnemann himself, also holds a liberal view. He considers that it is not necessary to be extremely rigid on these subjects.

Writing under "CoffeaTosta" **Clark** says "On account of its extensive antidotal properties, coffee has largely been condemned by homoeopathic practitioner; but it should be remembered that it does not antidote all other medicines, & it is questionable if it counter acts the effect of many of the above named drugs when they are given in higher potencies. In any case it is desirable to forbid its use when Belladonna Cham., Colo., Ign., Lyco. & Nux.V are being given." So it would see that Clarke was particular of restricting Coffee only for patients who required these 6 drugs. Answering a question he says "...articles of food which are antidotal to a special medicines should be interdicted whenever these are being taken, e.g. coffee when Rhus or Lyco are the remedies, but medicine will sometime act under the most unfavorable condition. We have known Aesculus removes the constipation of opium when no diminution was made in daily dose of the drug. The higher the attenuation the less likely it will be to be affected by chemical action". If a patient requires Lyco. Then they prohibit such items as onion, oysters, etc. i.e. such substances which we know may aggravate the Lyco patient. If a patient needs oxalic acid they restrict strawberries, & so on.

Eugene Underhill opines that "Do not force a patient to take any food to which he has an aversion. Do not encourage him to take any food which he has found upsets him. Foods known to be inimical to certain remedies should be carefully avoided. For example, the Pulse patient is often averse to fat and aggravate by it, even these has not come out after the remedy has been given. Therefore, caution the pulse patient against much fat"

P. Sankaran says "But even this restricted restriction does not appeal to me very much. Although in the mat med & reparatory Lyco is given under various food agg rubrics, such as onions, oysters, etc., it is not every Lyco patient who is agg by such items. Therefore, even these restrictions I do not impose." "However if a particular patient informs me that such and such items definitely disagrees with him, then I advise him to avoid it for a while. But after he has undergone treatment for some time, I advise him to try out these same items so that it enables me to know how far he has improved."

Stuart Close gives his experience in treatment of dipsomaniac. He says "I recall one case in which the mental characteristic of the patient were such that it was impossible to give any medicine; suspicion was the leading characteristic. He suspected his family of trying to poison him, & he would not take anything like medicine if he knew it. What I prescribed for him had to be given in various

drinks such as milk tea coffee or whiskey; in the letter as often as anything else."

H.C. Allen remarked, "That case reminds me of the late doctor **Gallavardine**. He published a book on the treatment of this class of patient wants by giving them homoeopathic medicine without their knowledge or consent in tea, coffee or whatever was the ordinary drink of the patient. He brought marvelous cures in dipsomaniacs, kleptomaniacs, etc. irrespective of the habits of the patients."

Answering the question "what is the effect of homoeopathic remedies on coffee, tobacco and alcohol habits?" **F.E. Gladwin** says some times the remedy will act in spite of such habits and some time it would not"

Answering a question as to the avoiding of tea or applying of vermilion on the forehead of ladies.

Kanjilal writes "we do not find any utility in disturbing the usual habit or practice of the individual patient if not forced by the dictates of the factors as given just above. Any rash interference in the habits & practices of the patient often causes unnecessary complication."

Referring to addiction to tea, coffee, liquor he says "In our practical experience we never find these things standing in the way of the homoeopathic law or principles."

Pierre Schmidt, says "Patient were cured even without knowing that they are taking remedy because the remedy was given in the wine, even in the coffee & the milk & it worked beautifully. Of course we say coffee antidotes the remedy but coffee is in a crude state while the dynamised spiritualized state of the remedy is something quite different. But it acts still, even with coffee."

CONCLUSION

Many of our laboratory research indicate that both medicines and diets or active components of diets alone or in combination are able to better improve the disease or disorder. We have also noticed that environmental conditions are also able to trigger disorder(s) in various organisms³⁵⁻⁵⁷. However, the concept of food and regimen are seems to be important in treating a disease along with medicine (Table 1). The concept about diet and regimen according to diseases (both from nosological view and homoeopathic view), discussed above provides encouragement to our approach towards diseases. Although difficult to treat even with correct prescription but lacking in proper advice regarding diet and regimen, therefore, opens a new arena of exploration of the efficacy of homeopathy in such diseases. Thus one may sometimes modify the prognostic outcome as denoted in conventional medicine. Finally, it is concluded that more research on the nutritional values of different food must be evaluated to be used as nutraceuticals, besides regimen is also important to treat a disease. Therefore, a combination of medicine, food (nutrition) and regimen are important for the successful treatment of a disease.

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