

# Rare Remedies for Common Ailments



## DOCTRINE OF SIGNATURE:

“A SPARK THAT GLOWS IN DARK”

**Dr. Neena Suresh Menon M.D.(Hom.)**

Professor & PG Guide, Dr.G.D. Pol Foundation YMT Homoeopathic  
Medical College, Navi Mumbai. Mob: 9892857785.

E-mail:[dr.neenasuresh@gmail.com](mailto:dr.neenasuresh@gmail.com)

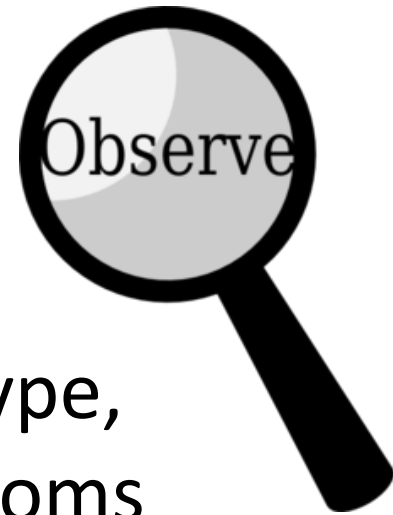
# Homoeopathy



- Science of therapeutics which is based on **Nature's Law of Cure**
- Based on the Principle “**similia similibus curentur**” which means “Likes are treated by likes”

# Treat the patient and not the disease

- **Holistic concept** of Homoeopathy
- Prescriptions are made by tailoring of remedies to the patients **personality** type, **causation** of illness & **totality** of symptoms



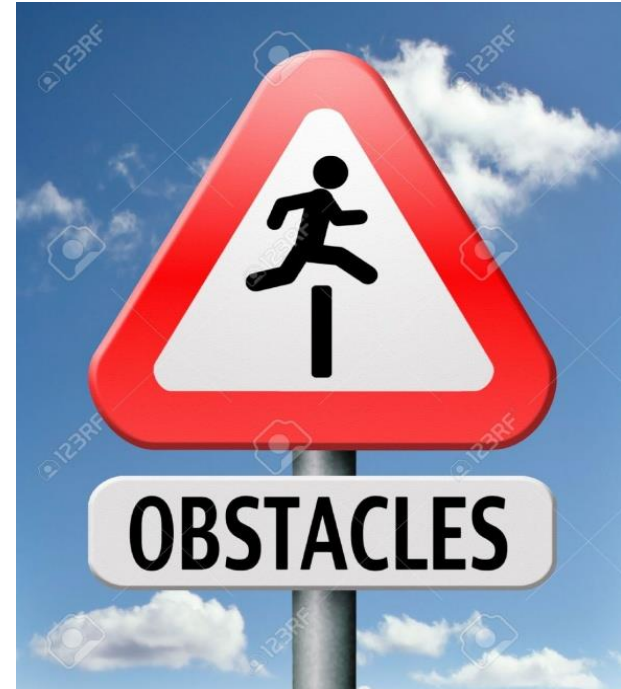
# Prescriptions

## Various types:-

- Acute P
- Aetiological P
- Keynote P
- Constitutional P
- Intercurrent P
- Miasmatic P
- Nosological p
- Organopathic P
- Pathological P
- Synthetic p
- Tautopathic P
- Palliative P



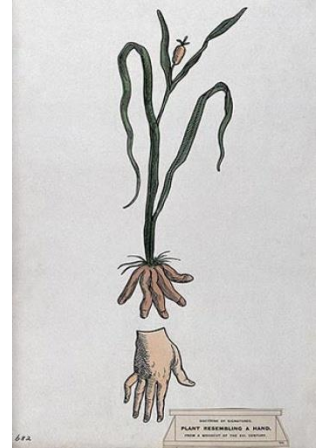
# Obstacles to cure in Homoeopathy



- Exciting cause
- Maintaining cause
- Pathological cause
- Miasmatic cause
- Use of other drugs simultaneously

# Doctrine of signature

- Herbs resembling various parts of the body can be used by herbalists to treat ailments of those body parts
- The word signature is said to be a duplet, which has been derived from two words ***sign*** and ***nature***, meaning ***signs of nature***
- This doctrine proposed that parts of plants having a resemblance to any part of the human body is having a therapeutic relationship and the same plant or its parts can be used for diseases of the particular organ.



# The Doctrine of Signatures

READING THE SIGNS OF NATURE



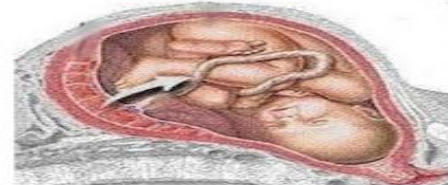
CARROT



EYES



AVOCADO



UTERUS



TOMATO



HEART



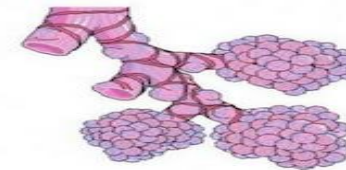
WALNUT



BRAIN



GRAPES



LUNGS

# Beta vulgaris



- Common name –Beet root
- Chronic catarrhal states and TB
- Alkaloid –Betainum hydrochloricum
- Useful for anaemia from haemorrhages



# BAMBOO

*(Bambusa arundinacea)*



- major remedy in **Ankylosing spondylitis** which is commonly known as Bamboo Spine; an auto-immune destructive inflammatory condition of the spine with excessive stiffening and calcification of the spine.
- effective in all **rheumatic disorders** where stiffness is the main complaint
- used medicinally since **ancient** times in **cancer**, **leprosy**, **TB**, **menstrual problems** and disorders of the **spine**.

# Walnut (*Juglans regia*)



- resembles human **brain** having left and right hemisphere, upper cerebrums and lower cerebellums.
- The crinkle /folds on the walnut are identical to the gyre of neo-cortex.
- Walnuts are at zenith in nuts used for brain health.
- have notably **high concentration of DHA** which is a kind of Omega-3 fatty acid and **assist in growth of over three dozen neurotransmitters for functioning of brain.**
- DHA also guards brain healthiness in infants, **recovers cognitive performance in adults** and **checks or improves age-related cognitive turn down.**

# Kidney Beans

(Phaseolus vulgaris)



- cure and help sustain **kidney function** and appear unerringly like human kidneys.
- contain full of soluble and insoluble fiber and low in fat, which augments **cardiovascular health, blood pressure and alleviates blood sugar**.
- Kidney beans also supplies magnesium and potassium to human body, the deficiency of which can enhance the danger of developing **kidney stones**.

# Ginger

(Zingiber officinale)



- often is identical to the **stomach**
- biggest benefits is assistance in **digestion**
- The Chinese have been using it for over 2,000 years to calm the stomach and cure nausea
- popular therapy for **motion sickness**.

# Sweet Potatoes (Ipomoea batatas)



- appear like **pancreas**
- stabilize the **glycemic index of diabetics**

# Olives

(*Olea europaea*)



- known to assist in the healthiness and function of the **ovaries**

# Broccoli

(*Brassica oleracea*)

- head has tiny green tips which look like hundred of **cancer cells**.
- researchers at US National Cancer Institute found if a weekly serving of broccoli was enough to reduce the risk of **prostate** cancer by 45%.



# Banana

(Musa acuminata)



- seems to be like **male sexual organ** and plays a role in its size and strength.
- Banana contains a protein called tryptophan which when digested gets converted into a neurotransmitter called **serotonin** which is a mood regulating chemical in the brain.
- Banana can be termed as an **antidepressant drug**, since it adjusts the level of serotonin production in the brain and is similar to smile of a man.



# CASE

- Name: XYZ      Age: 18years
- Sex: Female / Unmarried / Student
- Religion: Hindu

## Chief complaints:

- Headache since one year  
shifting type of pain ---first right then left, in temporal region.
- > open air, eating while or after
- > appearance of urticaria like rashes
- Itching > by undressing



## Associated complaints:

- Heartburn
- Eructations –offensive
- Toothache > by cold water



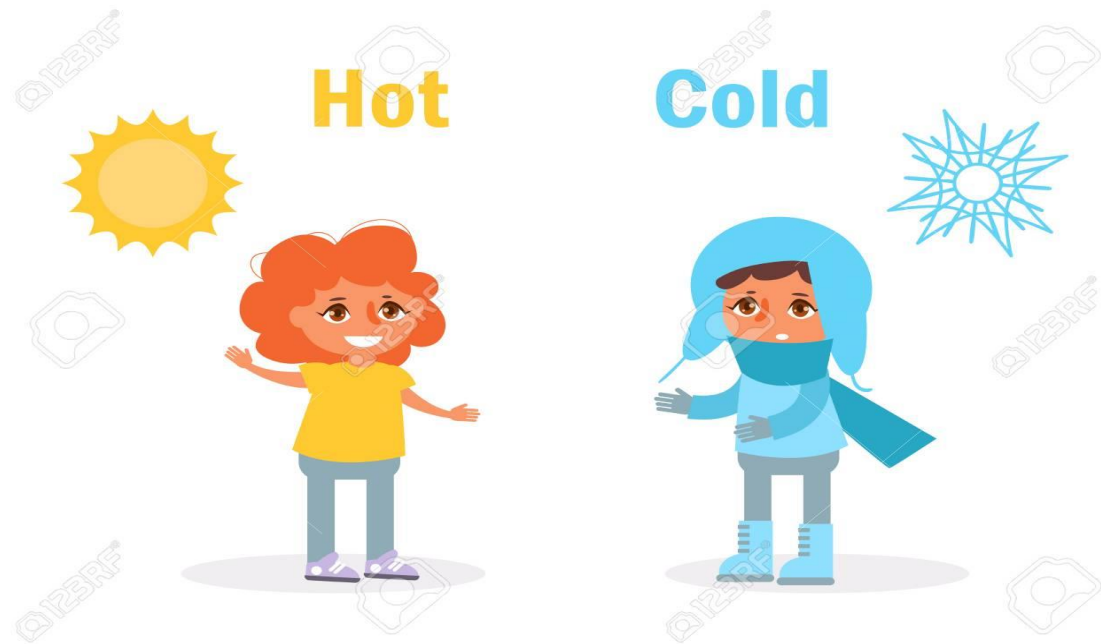
# Personal history

- Appetite –Normal
- Diet –Non-vegetarian
- Craving –apples, salads, oats
- Aversion –Nothing particular
- Thirst –Decreased
- Habit –eating or chewing something always (like bubble gum)
- Urine –Normal
- Stool – Loose, often contain undigested particles
- Perspiration –Normal
- Sleep –Disturbed, due to various thoughts; from hunger, unrefreshing
- Dreams –Nothing specific
- Menses –Severe pain---left sided, during menses > by flexing legs



# Thermal Modality

- CHILLY (wants covering always, Warm water bathing, likes summer season, does not want fanning)



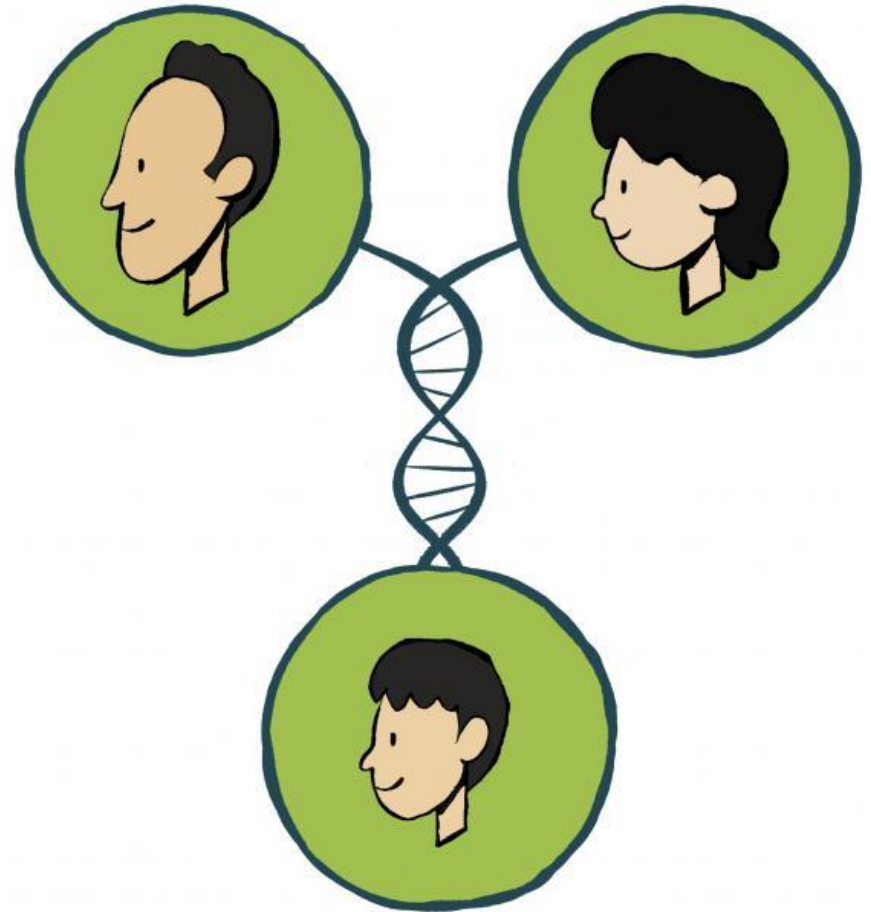
# Past history

- Chronic sinusitis since childhood
- Back pain since 2 to 3 years
  - < lying on back
  - > by motion



# Family history

- Father –Peptic ulcer
- Mother –Hypertension



# Life History / Mind

- She is the only child of her parents. Much pampered, lazy, especially in doing household work. She has lot of friends, like to roam with them, excitable and watch movies by bunking lectures. She spends much time in canteen than in lectures. She gets irritable in small matters.



## General examination:

- lean, thin appearance
- Temperature: Normal
- Pulse: 78/min
- R. R: 24/min
- B.P: Normal

Systemic examination: NAD

Investigations: CBC -Anaemia,  
ESR –Normal, Low sodium level





# Provisional diagnosis :MIGRAINE



**Migraine  
Headache**

# Prescriptive Totality



- Restlessness
- Irritability
- Craving –apples, salads, oats
- Severe abdominal pain –left sided <during menses >by flexing legs
- Headache –shifting type of pain –first right and then left temporal region
- Headache > in open air, eating while or after
- Headache >by appearance of urticaria like rashes
- Itching > by undressing
- Heartburn
- Eructations –offensive
- Toothache >by cold water

	<i>sulph.</i>	<i>sep.</i>	<i>brn.</i>	<i>phos.</i>	<i>puls.</i>	<i>nux-v.</i>	<i>caust.</i>	<i>bell.</i>	<i>charn.</i>	<i>coff.</i>	<i>ferr.</i>	<i>merc.</i>	<i>nat-s.</i>	<i>ferr-p.</i>	<i>thuj.</i>	<i>mag-m.</i>	<i>carb-v.</i>	<i>calc.</i>	<i>graph.</i>	<i>mag-c.</i>	<i>lach.</i>	<i>ant-t.</i>	<i>nat-m.</i>	<i>cocc.</i>	<i>sul-ac</i>	<i>am.</i>	<i>ars.</i>	<i>bsm.</i>	<i>carb-s.</i>	<i>con.</i>	<i>staph.</i>	<i>ver.</i>
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	7	7	7	7	6	6	6	6	6	6	6	6	6	6	6	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	22	21	19	17	23	21	19	16	16	16	15	15	14	11	11	6	18	17	17	17	16	15	15	14	14	13	13	13	13	13	13	13
1. MIND - IRRITABILITY (561) 1	4	4	4	4	4	4	4	4	4	4	3	3	3	1	4	1	4	4	4	4	3	3	4	3	4	3	4	3	4	4	4	4
2. MIND - RESTLESSNESS, nervousness (601) 1	4	4	3	3	4	4	3	4	4	3	4	4	1	1	3	1	3	4	3	3	4	3	3	3	3	4	4	3	3	1	4	4
3. GENERALITIES - FOOD and drinks - apples - desires (14) 1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	-	-	-	-	-	-	-	-	-	-
4. GENERALITIES - FOOD and drinks - oatmeal porridge and c... (3) 1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. ABDOMEN - PAIN - menses - during (150) 1	4	4	1	4	4	4	3	3	3	3	1	3	3	1	1	1	4	4	4	3	3	-	3	3	1	-	1	-	4	3	1	1
6. HEAD - PAIN - sides - right - left, then (30) 1	-	1	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	-	-	-	-	1	-	-	-	-	1	-
7. SKIN - ITCHING - undressing - amel. (2) 1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8. STOMACH - HEARTBURN (305) 1	4	4	3	3	4	4	3	1	1	1	1	3	3	4	1	1	4	4	3	4	3	3	4	1	3	1	3	1	1	4	3	3
9. STOMACH - ERUCTATIONS - general - foul (75) 1	4	3	3	1	3	4	3	3	1	1	3	1	1	1	1	1	3	1	3	-	-	3	1	4	3	4	1	3	1	1	-	1
10. TEETH - PAIN - water - amel. - cold (33) 1	1	1	4	1	4	1	3	1	3	4	3	1	3	3	1	1	-	-	-	3	-	-	-	-	-	-	-	3	-	-	-	-

Clipboard 1

1. MIND - IRRITABILITY	(561)	1
2. MIND - RESTLESSNESS, nervousness	(601)	1
3. GENERALITIES - FOOD and drinks - apples - desires	(14)	1
4. GENERALITIES - FOOD and drinks - oatmeal porridge and c...	(3)	1
5. ABDOMEN - PAIN - menses - during	(150)	1
6. HEAD - PAIN - sides - right - left, then	(30)	1
7. SKIN - ITCHING - undressing - amel.	(2)	1
8. STOMACH - HEARTBURN	(305)	1
9. STOMACH - ERUCTATIONS - general - foul	(75)	1
10. TEETH - PAIN - water - amel. - cold	(33)	1

Clipboard 1

- 1. MIND - IRRITABILITY (561) 1
- 2. MIND - RESTLESSNESS, nervousness (601) 1
- 3. GENERALITIES - FOOD and drinks - apples - desires (14) 1
- 4. GENERALITIES - FOOD and drinks - oatmeal porridge and c... (3) 1
- 5. ABDOMEN - PAIN - menses - during (150) 1
- 6. HEAD - PAIN - sides - right - left, then (30) 1
- 7. SKIN - ITCHING - undressing - amel. (2) 1
- 8. STOMACH - HEARTBURN (305) 1
- 9. STOMACH - ERUCTATIONS - general - foul (75) 1
- 10. TEETH - PAIN - water - amel. - cold (33) 1

	aP-g.	ars-s-f.	tax.	adam.	lyC	sil.	ars-i.	chin.	kali-C.	nat-C.	stann.	am-G.	asa-f.	calc-p.	canth.	coloc.	iod.	lac-C.	ambr.	apis	arg-m.	calc-s.	hep.	plat.	ruta	a-con.	aesc.	asar.	aur.	bar-C.	psor.	sal.
	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	5	5	5	5	15	14	13	13	13	13	13	12	12	12	12	12	12	12	11	11	11	11	11	11	11	10	10	10	10	10	10	10
1. MIND - IRRITABILITY	1	1	1	1	4	4	3	3	4	4	3	1	4	3	3	4	4	3	1	4	3	4	4	4	3	4	3	3	4	3	3	3
2. MIND - RESTLESSNESS, nervousness	-	1	1	1	4	4	4	3	3	3	4	4	3	4	3	4	3	3	3	3	4	3	1	3	4	4	-	1	4	1	3	3
3. GENERALITIES - FOOD and drinks - apples - desires	1	-	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
4. GENERALITIES - FOOD and drinks - oatmeal porridge and c...	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
5. ABDOMEN - PAIN - menses - during	-	1	-	1	3	3	3	3	3	3	3	3	-	4	3	3	1	3	-	1	1	-	-	3	-	1	-	-	1	3	-	-
6. HEAD - PAIN - sides - right - left, then	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-	1
7. SKIN - ITCHING - undressing - amel.	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
8. STOMACH - HEARTBURN	1	1	1	1	4	3	3	4	3	3	3	4	1	1	3	1	4	-	4	3	3	3	3	1	1	1	3	3	1	3	1	3
9. STOMACH - ERUCTATIONS - general - foul	-	1	-	-	-	-	-	-	-	-	-	-	4	-	-	-	-	-	-	-	-	1	3	-	3	-	-	3	-	-	3	-
10. TEETH - PAIN - water - amel. - cold	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	3	3	-	-	-	-	-	-	-	3	-	-	-	-	-

## Points which helped in selection of Apium

- Fidgety--restlessness
- belching tasting of celery
- relieved by eating
- Toothache > by cold water
- Disappearance of headache followed by the appearance of urticaria
- Itching > by undressing
- Stability lacking



# Apium Graveolens



- Common name: Celery
- Family: Umbelliferae
- Medicinal preparation: Tincture of seeds, Tincture of sticks
- Clinical: Fidgets, Headache, Otorrhoea, Post-nasal catarrh, Rumination, Toothache, Retention of urine, Urticaria

# Apium Graveolens

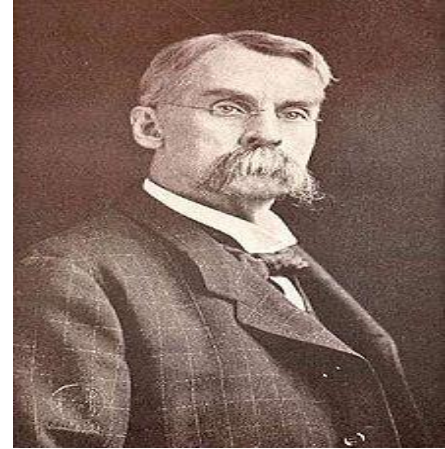
- Celery comes into view like bones and specially target bone potency.

Bones are composed of 23% sodium and celery also has 23% sodium.

- In case of lack of sodium in food, body draws it from the bones making them frail.
- Celery refills the skeletal necessity of the body.



# Lectures on Hom. Philosophy –Dr.J.T. Kent (p. no. 180) –chapter-Idiosyncrasy



- There are persons in whom you will see the sensitiveness only when you go away from the plane of nutrition into the plane of dynamics. Patients who will sit at the table & crave common salt, but remain sick, growing thinner all the time. This is where a food sustains a curative relation upon a higher plane. **We step out of the nutritive plane into the plane of dynamics---the plane of disease-cause & cure.**



# Apium Graveolens

- Effects of eating the root--- during the following day and night, most obstinate retention of urine , which could only be relieved by catheter.



# Characteristics

- Unpleasant feeling at stomach, with belching tasting of celery
- Heartburn
- Spitting up of food
- Gone feeling at the pit of stomach lasting for hours and partially relieved by eating---Fidgety feeling
- A dull ache in sacrum < when lying down > when moving about (Wesselhoeft in Medical Advance, April 1886)

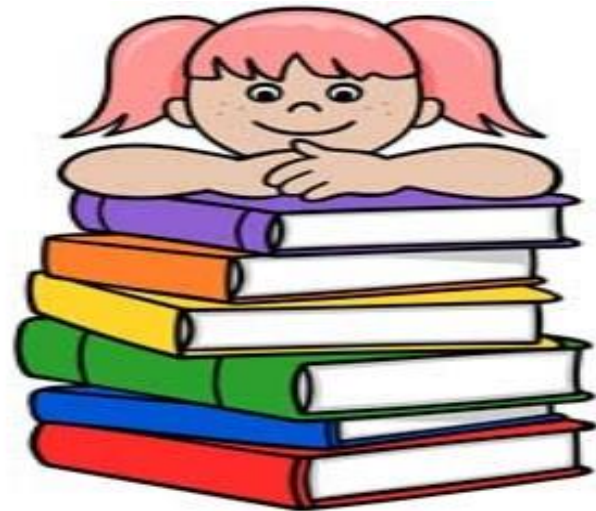




- Sensation as if both eyes sunken back into their sockets
- Throbbing headache, mostly left sided <by slightest motion  
> by rest
- Urticaria, always appearing with shuddering, intense stinging, itching with rapid change of location
- Pressure in stomach preceding urticaria and relieved when it appears
- Toothache in left molars > by holding cold water in the mouth
- Hering cured an old abscess near the umbilicus
- Profuse discharge from granulating ulcers, intense constriction over sternum, with drawing feeling through to back on lying down (Allen)

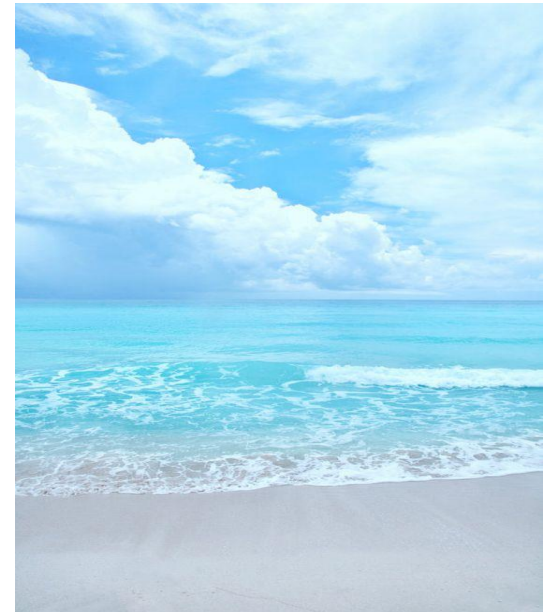
## *Signature*

- The doctrine of signature was expounded in the medical texts in the 19th century. Even today, it has been given much importance in Homoeopathy.
- It helps to study the Materia medica in a literal style by comparing some symptoms, thereby making the subject more interesting.



# Aqua Marina

- Prepared from sea-water dilutions
- Isotonic plasma
- Great “Blood purifier & Vitalizer”
- Scrofulous affection of children
- **Sea-sickness**
- **Seaside, effects of**



# Cinnamomum

- Common name –cinnamon
- Family -Lauraceae
- Cancer pain & foetor
- Haemorrhage, Injury
- Uterine haemorrhage caused by overlifting
- Hiccough



# Common Remedies with doctrine of signature

- Belladonna plant grows in calcium rich soil. Belladonna is the acute and complementary to Calcarea carbonate.





# Bryonia alba



- prepared from the root.
- The roots are fleshy, bitter in taste with nauseating smell, very rough, acidic and yellowish-white in colour. Similarly, the Bryonia patient is somewhat fleshy, with bitter taste in mouth, yellow-white coated tongue and all the discharges are acrid.



# Lachesis mutus



- prepared from the deadly poison of Surukuku snake of South America
- It remains curled in the winter and wakes up in the spring
- It passes very offensive, black stool
- It always protrudes its bifurcated tongue – which trembles. On holding at its tongue, it moves upwards and cannot make a knot of living snake – it slips. Similarly, Lachesis patients cannot tolerate tight bandaging / clothing; protrudes tongue all the time – with a bifurcated black streak in the middle; symptoms go from below-upwards; stool hard, black & foul smelling.

# Tarentula hispania

- prepared from the Spanish spider, that is sensitive to drum beats – similarly, the patient is over-sensitive to music.



# Gelsemium

- Drug prepared from the yellow flowers of Gelsemium – acts well in jaundice.



# Pulmo vulpis (fox lung )

- The lungs of a fox must be specific against asthma – because this animal has a very vigorous respiration.  
– Dr. William Boericke



# Hypericum

- having red juice, therefore useful in haemorrhage.



# Euphorbia

- having a milky juice, good for increasing the flow of milk.



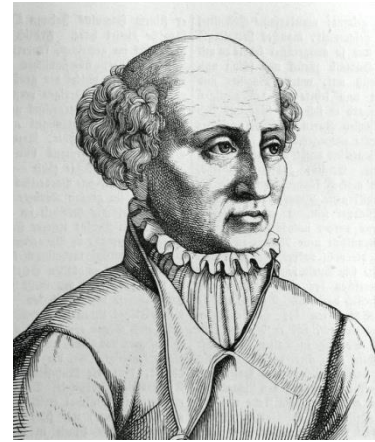
# Sticta

- having some likeness to the lungs, was called pulmonaria (Lung wort) – and esteemed as a remedy for pulmonary complaints.



“We see that the internal character of a man is often expressed in his exterior appearance, even in the manner of his walking, and in the sound of his voice. Likewise the hidden character of things is to a certain extent expressed in their outward forms.”

– Dr. Paracelsus.





- Many other stalwarts like Dr. C Hering, Dr. C.M. Boger, Dr H.A.Roberts and Dr.J.C.Burnett had supporting attitude towards this doctrine.



- In the introduction of the remedy Magnesia Carbonica, Dr. J.H. Clarke wrote that it is often found that the physical characteristics of the substances correspond with their dynamic influences.



- The second reference supporting the doctrine of signature in the Clarke's Materia Medica will be found in the introduction of Magnesia Phosphorica, where he mentioned that there are other means besides proving of finding the keynote symptoms of remedies.



- “Digitalis used in blood dyscrasia – because its flowers are adorned with blood-coloured dots.



- Euphrasia (Eyebright) was famous, from ancient times, as a medicine for the eyes – because it had a black spot in its corolla – which looked like a pupil –  
– Dr. von Grauvougl





***Voltaire said- “Faith consists in believing when it is beyond the power of reason to believe.”  
Therefore instead of debating on how reliable is the doctrine of signature, it shall be better to assess how useful it was and how it can be further useful in the future.***

*Thank  
you*

