



TITLE: A SURVEY TO UNDERSTAND THE PRACTICAL UTILITY OF DIFFERENT ROUTES OF ADMINISTRATION OF HOMEOPATHIC MEDICINES AND THEIR CLINICAL INDICATIONS.

ABOUT AUTHOR:

Dr. Neha Patel MD.(Hom.)

PG Coordinator, Professor,
HOD Department of Repetory and Case Taking,
Smt A.J. Savla Homoeopathic Medical College &
R.I., Mehsana - 384001, Gujarat.

Email: drnehpatel13@gmail.com



ASSIST BY,

Dr. Vidhi Parikh (Pg Scholar)

Part-1, Batch 2024,
PG Department of Repertory,
AJSHMC Mehsana, Gujarat
Email id: pvidhi25@gmail.com



ABSTRACT: Since homeopathy is a unique and specialized branch of medicine, its mode of administration is also unique. To bring a cure, homeopathic medicines can be administered through a variety of routes, including oral, olfactory, nasal, mouth, skin, mother's milk, or wet nurse's milk. The oral route is the most widely used out of these all. However, the other methods are also used in some cases according to the requirement of the case. The organon of medicine accentuates the importance of each mode of administration.



KEY WORDS: Different routes, Oral route, Olfaction route, Skin, mother 's Milk, Eye, Ear, and Nose, International Survey, Clinical Survey

INTRODUCTION:

- The subject dealing with the routes or channel administration of drugs and medicine is termed Pharmaconomy.
- Dr. Hahnemann narrates, the dynamic action of homeopathic medicines on Psycho-neuro-Immunology (PNI) through the administration of homeopathic medicines to any neuro-sensitive area of the Body.
- The Homoeopathic Potentised medicines seem to act not by the process of Digestion but are absorbed and act through the cerebrospinal or ganglionic nervous system.
- The most common mode of administration of homeopathic medicines is **oral route**. But other routes are also adopted in some cases as per the requirement i.e. **olfaction, application to the skin, application of medicine through the milk of the mother, through the eye, ear**^[1].
- This is the evidence from modified paragraphs in the sixth edition of Organon. Other than the tongue, mouth, and stomach which are most commonly influenced by the organization of the medication, the nose and respiratory organs are responsive to the activity of solutions to the action of medicines in fluid form through olfaction and inhalation through the mouth. But the whole remaining skin of the body clothed with epidermis is adapted to the action of medicinal substances.^[2]
- In this way, the cure of very old diseases may be possible by applying it externally, rubbing it in the back, arms, and extremities, the same medicine he gives internally and which showed itself curatively. In doing so, he must avoid parts subject to pain, spasms, and skin eruption.
- **Now let's talk about different routes of administration of homeopathic medicine.**



ORAL ROUTE:

- The Homoeopathic medicines are usually administered orally. It is the most common and widely used route.
- The medicine is absorbed by the mouth and then acts through the nervous system. They may also act locally on the oral mucus membrane.
- A "granule placed dry on the tongue is one of the smallest administrations for the less severe, only recently developed cases of the disease," according to Dr. Hahnemann in Aphorism 272. ^[3]
- Method for Administration: Lingually, Sublingually

Forms:

1. Solid: Globule, Powders, Tablets, Cones
2. Liquid: Medicated Distilled water, Mother Tinctures

Indication:

- Orally administered medicine acts effectively & promptly.
- Sublingually administration of medicine is sometimes adopted in the case of the coated tongue which interferes with the absorption and action of medicine.
- For local action gargles are advised, they are the aqueous solution to be used after dilution with warm water. They contact with the mucus surface of the throat and pharynx.
- Example: Phytolacca gargle in acute tonsillitis. ^[4]

OLFACTION AND INHALATION:

- It is the method of administering medicine to a patient through the nose and mouth by the act of smelling.
- The olfactory nerve is straightforwardly associated with the brain. It is an interesting avenue for the ingestion of dynamic remedies.
- In 1832, Hahnemann started testing with olfaction of remedies, having the quiet scent of a soaked pellet as a dose. He depicted this in his introduction to Boenninghausen's List



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

of Side Effects of the Antipsoric Solutions and detail in the 5th edition of the Organon (in the footnote to aphorism 288) in 1833.

- He experimented extensively with olfaction in 1832 - 1833, but although he continued to use it as a dosing option into his later years, it did not catch on well among his colleagues. For several years Hahnemann utilized this breathing preparation for all his patients without exception. Even in the year 1837, his certainty in the inward breath of cures was solid as is apparent from the introduction to the 1st volume of *Inveterate Diseases*.
- It was only towards the end of his life that his preference for olfaction abated.
- According to Aphorism 284: Medications can be absorbed through the skin, or inhaled.
- In Aphorism 290, it is stated that the tongue and mouth, along with the stomach, are highly influential in the effects of medicine. However, the nose's interior, rectum, genitals, and other sensitive body parts can also receive medicinal benefits. Additionally, skinless or injured areas allow medicines to have a penetrating effect similar to ingestion or inhalation.
- In Aphorism 288/1 Footnote: Dr. Hahnemann states that homeopathic remedies act most surely and most powerfully when the medicinal aura that is always emanating from the medicine is inhaled for a short time.
- There are around 6 to 10 million cells lining each nasal cavity, exceptionally close to the brain. Oblivious or something else physiologically incapable of ingesting or breathing in the medication.
- The work of Axel and Buck in 1991 presented substantiation to what Dr Hahnemann caught on over two hundred years ago humans have advanced olfactory ability, with nearly 3% (1000 genes) of the human gene family made up of olfactory receptors.
- The olfactory nerve proceeds to the amygdala, which is a portion of the limbic framework, an exceptionally old and profound portion of the brain, and the brain is the only organ of the body that is directly connected with the outside world. ^[5]



Method of administration:

- The globules (or a single globule) are moistened with the medicinal fluid and placed in a dry phile bottle. The medicinal aura is inhaled by the nostrils or mouth.
- The medicinal aura thus inhaled comes in contact with the nerves in the walls of nasal cavities and produces a salutary influence on the vital force in the mildest yet more powerful manner.

Form:

1. Liquid: Mother tincture
2. Moistened globule

Indication:

- In the case of coryza, polyp –when nostrils are stopped up, inhale by mouth.
- In little children –applied close to nostrils while they are sleeping.
- In idiosyncratic patient.
- When it is not possible to give medicine through mouth 1) During Fit of epilepsy or hysteria,2) In locked jaw or tetanus.

SKIN:

There are 2 ways to administer medicine through the skin.

A) Rubbing or Friction

B) Enepidermic

Method of administration:

- The liquid solution of proper medicine is applied on cotton balls to absorb the medicated water and then rubbed into 1 or more parts of the body that are most free from morbid ailments (Examples: Arms, Thighs, legs, around lips which have neither cutaneous eruption nor pain nor cramps)



A) Rubbing or Friction:

- Friction through the whole cutaneous surface of the body where the epidermis is sound as epigastrium, inner parts of thighs, the lower part of the abdomen, back, arms, legs, around lips, testicles, and labia majora, etc. ^[2]
- In the 5th edition of Organon of Medicine, Hahnemann stated the following instructions, regarding the routes of administration of homeopathic medicines.
- Aphorism 288 - The action of medicines in the liquid form upon the living human body takes place in such a penetrating manner that it spreads out from the point of the sensitive fibers provided with nerves whereto the medicine is first applied with such inconceivable rapidity and so universally through all parts of the living body, that this action of the medicine must be denominated a spirit like (a dynamic virtual) action.
- Aphorism 289 - Every part of our body that possesses the sense of touch is also capable of receiving the influence of medicines and of propagating their power to all other parts.
- Aphorism 291 - Even those organs that have lost their peculiar sense, e.g., a tongue and palate that have lost the faculty of tasting, or a nose that has lost the faculty of smelling, communicate the power of the medicine that acts first on them alone, not less perfectly to all the other organs of the body.
- Aphorism 292 - Even the external surface of the body, covered as it is with skin and epidermis, is not unsusceptible of the powers of medicines, especially those in a liquid form, but the most sensitive parts are the most susceptible.
- Aphorism 292. FN-1: Rubbing in appears to favor the action of medicine only in this way- friction makes the skin more sensitive and the living fibers thereby more capable of filling as it were the medicinal power and of communicating to the whole organism this health-affecting sensation. ⁽⁶⁾



Forms:

- Liquid solution of proper medicine, lotion, liniments, ointments, poultices, plasters, etc.

Indication:

- Unconscious or otherwise physiologically unable to ingest or inhale the medicine.

B) Enepidermic:

- Drug kept in contact with unbroken skin without friction or rubbing.
- In Aphorism 285- Correct external application of the homeopathic medicines which is being given internally with success.

Forms:

- Plasters, Poultices, Ointments

Indication:

- In case of contusions, edema, and laceration of skin.

MOTHER'S MILK:

This route is for infants who only take their mother's milk.

-In the footnote of aphorism 284 of the 6th edition of the organon of medicine Hahnemann stated that: The power of medicines passed on to the nursing infants through the milk of the mother or wet nurse is admirably helpful.

-Every childhood disease yields to the homeopathic medicine that is correctly chosen for the child and given in very moderate doses to the woman nursing him. In this manner, diseases are eradicated in these new earth citizens far more easily and surely than could ever happen at a later time.

EYE:

Eye drops are aqueous or oily solutions of drugs that are specially formulated to install into the eyes and thereby get rid of the ophthalmic illness. E.g. Cineraria eye drops and Euphrasia eye drops.



The ophthalmic products are generally meant for instillation into the space between the eyelids and the eyeballs.

EAR: Ear drops are often aqueous solutions, sometimes glycerine or alcoholic, intended for instillation into the ear e.g. Mullein oil

NOSE: As nasal drop e.g. Sanguinaria.

So, being a homeopath, a ubiquitous question arises in our mind from the routes mentioned above of administration that, other than the oral route what other routes of administration are being used in practice?

THE SURVEY

So, the international survey was conducted among the homeopaths of 4 countries (U.K., Germany, Austria, and Switzerland). The survey conducted on homeopathic social media in 2012 [7]

As from the survey mentioned above the route of administration of medicine is mostly used among the 4 countries' homeopaths i.e.100%, the topical route is used by 70%, Olfaction by 20%, and 10% of other routes are used.

Based on the above survey local survey was also conducted among the homeopaths of Rajkot in 2018.

OBJECTIVE: To understand the practical utility of different routes of administration of homeopathic medicines and their clinical indications.

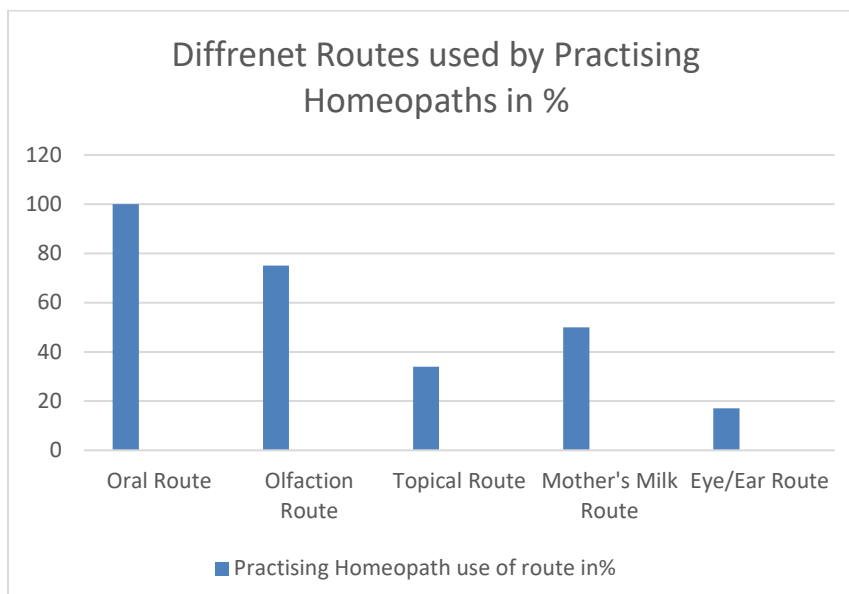
METHODOLOGY:

- Study duration:
 - Total duration:1 Month
 - Data collection: 25 days
 - Data analysis: 5 days
- Study Type: Observational descriptive study. The study was conducted among the homeopaths of Rajkot in 2018.



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

- Study Design: Cross-sectional Study
- Study Population: Homeopaths of Rajkot
- Sample Size: 12 homeopaths from the Rajkot
- Method of Selection of Study Subject: Homoeopaths of Rajkot who have practiced homeopathy for more than 15 years
- Study Instrument/Data Collection: through the questionnaire, As follows
 1. Which route of administration of homeopathic medicine is most often used in your day-to-day Practice and why?
 2. How do you use the Olfaction route of clinical administration of homeopathic medicine? with Its indication and contraindication.
 3. How do you use topical skin rubbing in the clinical administration of homeopathic medicine? with Its indication and contraindication.
 4. How do you use the mother's milk route of clinical administration of homeopathic medicine? with Its indication and contraindication.
 5. How do you use the ear/nose route in the clinical administration of homeopathic medicine? with Its indication and contraindication.
- **BRIEF OF PROCEDURE:** A questionnaire was distributed among the homeopaths of Rajkot who voluntarily participated in the survey. Consent was obtained from them and their analysis was done.
- **ANALYSIS:**
 - Indication of various routes of administration of homeopathic medicines by Practicing Homeopaths and the result of this survey as follows



(Figure 01 Different routes used by Practicing Homoeopaths Graphical Presentation)

- The most often used route of administration of homoeopathic practice is oral in day-to-day Practice. i.e. 100%
- Olfaction route of administration of homoeopathic practice is used by 9 homeopaths i.e.75%
- Topical skin rubbing is used by 4 homeopaths.e.34%
- Mother's milk route of administration of homoeopathic medicine is used by 6 homeopaths i.e.50%
- Eye/Ear route is used by 2 homeopaths i.e.17%
 - Effectiveness of medicines administrated other than oral route is experienced by physician, their comments are as follows:
 - 3/12 said olfaction is good in acute emergency-like conditions
 - 3/12said olfaction method is best and very effective.
 - Olfaction dose effectiveness is comparatively lower than oral



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

- The olfactory route has proven beneficial extraordinarily well in cases of respiratory disorders.
- 1/12 say olfaction does not very clear effect.
- Via mother's milk medicine works as same as the oral route.
- Indication of various routes of administration of homeopathic medicines by Practising Homeopaths

1) Olfaction:

- indicated in cases when there is an acute attack of the original complaint.
- Acute exacerbation of chronic disease.
- In cases of coma.
- In Unconscious patients when he is "Nil by Mouth".
- In idiosyncratic patients where the sensitivity of that drug is high.
- In the treatment of chronic disease for gentle stimulation of action of constitutional medicine without disturbing previous effectiveness, where the action of constitutional medicine is disturbed due to some obstacle.
- Acute emergencies.
- In respiratory disorders/complaints.

2) Topical Skin rubbing-

- Critical cases
- When oral administration is not possible.
- Coma cases.
- Unconscious and irritable patient.
- Intubated patients.

3) Mother's Milk:

- Neonates, depending on age –up to 6 months of age.

4) Eye/Ear: In children



CONCLUSION:

The outcome of the above surveys modified the administration strategy of homeopathic medicines in the day-to-day practice of homeopathy. The oral route of delivery is by far the most extensively employed route of administration and homeopaths in practice have a marked preference for using it. Patients may doubt efficacy when the homeopathic practitioner insists on the olfaction route. may suffice for the expected healing action to take place. As Dr Hahnemann stated in the 2nd Aphorism the cure must be given in the shortest, most reliable, and most harmless way. By using such routes of administration of medicines we can offer a gentle, harmless cure to the patient.

REFERENCES:

1. <https://www.homeoresearch.com/history-of-potentization/>
2. <https://homeoresearch.blogspot.com/2010/09/pharmaconomy.html>
3. Hahnemann S. Organon of Medicine [R.E. Dudgeon, W. Boericke, trans]. 5th and 6th New Delhi: Indian Books & Periodicals Publishers; April 2004
4. Mandal PP, Mandal B. A textbook of homoeopathic pharmacy. Calcutta: New Central Book Agency (P) Ltd.; 2002
5. <https://hpathy.com/homeopathy-papers/nothing-by-mouth-olfaction-friction-and-other-non-oral-delivery-routes/>
6. Hahnemann S. Organon of Medicine [R.E. Dudgeon, W. Boericke, trans]. 5th and 6th New Delhi: Indian Books & Periodicals Publishers; April 2004
7. [To swallow or not to swallow...that is the question! | Clever Homeopathy \(wordpress.com\)](https://www.cleverhomeopathy.com/post/to-swallow-or-not-to-swallow-that-is-the-question)