



To give the potential reader a taste of this rich brew, I would like to mention some excerpts which appealed to me personally.

Section Memories

Introductory chapter

Dr. Choudhury, being one of Dr Koppikar's teachers of *Materia Medica*, had a large number of European clients. One day a large bulky gentleman came and sat down in the patient's chair. After taking the case Dr. Choudhury wrote a prescription and sent him off. When he asked Dr. Koppikar he could not even think of any suitable drug. He replied: "Did you see how he sat down? He almost fell down into the chair. Do you know that *Stannum* is the only remedy that sits down like that?"

Chapter: My gurus and how they moulded my work

The author's uncle, Dr. D. N. Koppikar, who introduced him to homeopathy, demonstrated the power of prescription on keynotes with the case of *Podophyllum*. The uncle started by teaching that if a symptom is given in Keynotes (like *Allen's*), it can be absolutely depended upon to give a remedy IF WE UNDERSTAND PROPERLY EACH WORD in a keynote. Dr. Koppikar found that *Allen's* 'Keynotes' and *Boger's* 'Synoptic Key' gave the KEYS leading to many remarkable cures given in this book.

Section History

Chapter: The old masters and their contributions to homeopathy

This chapter is a lecture delivered at A. P. Homeopathic Association in 1983. In a wonderful tour through the garden of masterpieces of old masters, interesting tips for remedies are given, like the extremely successful treatment of painful calcaneal spur achieved by *Aurum metallicum* 1 M or 10 M based on one sentence in *Clarke's Dictionary*: "Gold affects profoundly the entire organism, exercising a solvent action on the tissues, producing ulcerations and the disappearances of new growths".

Section Therapeutics

Chapter: *Ignatia* in serious septic conditions

Most homeopaths are taught about *Ignatia* being the "hysterical" remedy based on *Kent's Materia Medica*, so a lot of homeopaths tend to prescribe it solely on psychosomatic basis. However, *Ignatia* is also a powerful anti-septicemia remedy, for which knowledge one must know and read *Knerr's* articles and *Repertory* (giving index of guiding symptoms). It is there reported

that only three remedies were capable of curing bubonic plague, namely *Lachesis*, *Anthraxinum*, and *Ignatia*! Further, *Ignatia* was able to cure most serious cases of acute appendicitis.

Chapter: Allergic bronchitis or repeated U.R.I. in children

A large number of upper respiratory infections and allergic bronchitis yielded successfully to homeopathic treatment. The author has found in his clinic that almost all of these allergies have come from DPT (or in rare cases other) vaccinations. For this he has evolved the following standard five-step treatment applicable to every case of allergic bronchitis with a history of preventive vaccination:

1. *Drosera* 1 M (two doses in water on the same day, 4-hourly)
2. *Thuja* 1 M (even if patient was not vaccinated against smallpox)
3. *Pertussinum* 1 M
4. According to indicated constitution always in 1 M – most often *Sulphur* or *Calcarea carbonica*, *Lycopodium*, *Pulsatilla*, *Silicea*, *Natrum muriaticum*
5. *Bacillinum* 1 M or *Tuberculinum aviare* 1 M

With the warning that never start the case with *Drosera* when in acute stage (acute stage is often treated by *Ipecacuanha*, *Antimonium tartaricum*, *Antimonium arsenicosum* [very powerful remedy], or *Arsenicum album*, *Coccus cacti* or *Aralia* all in C6 to C30 at maximum).

Every case of "modern allergic bronchitis" was cured by one dose of *Diphterinum* 1 M. Dr. Koppikar ends by remarking that it is a big responsibility for us (homeopaths) to treat these allergic states as we are the only branch of medicine able to cure it.

I could go on and on, sharing with you my excitement about these old miraculous cures, for instance the curing of gout by *Urtica urens* and *Acorn-Glandium Quercus* (Burnett) (section Research, chapter Research in Homeopathy II) but you ought really to read the book! It is absolutely worth buying and reading from cover to cover.

The Homoeopathic Physician's Guide to Lactation

Patricia Hatherly

Luminoz Pty Ltd 2004; Paperback 278 pages;
ISBN 0-97520-320-7;
E-mail: triciah@rnhconsulting.com.au

Reviewed by Jude Cresswell,
United Kingdom

I confess to you immediately, I love this book. From the title to the index Patricia has given us gems of referenced information immediately useful in everyday practice. It captured me from the first line of the preface and I have returned to the book many times, reading randomly or right through a chapter and each time have learned something new.

The book will appeal to old seasoned practitioners as well as those straight out of college. We may have studied lactation in anatomy and physiology, but did we really understand the intricacies of how milk constituents change as the needs of the growing child progress? I didn't, and it makes fascinating reading.

What Patricia has done for us all is to give us firstly a route map through the whole biochemistry of lactation, secondly her proven diet regime which eliminates colic within hours and thirdly a whole bunch of informative cases and insights to widen our understanding of the lacs.

The book is dotted with interesting asides drawn from other disciplines and is wonderfully referenced from works as early as the 1940s to the modern day. It's a joy to have a full list of books and articles to move on to and I have followed up several of Patricia's research studies to read the full text.

The chapters are clearly laid out and easy to find. She starts at the basic anatomical features of the mammary gland and physiology of human lactation biochemistry and immunological components of human milk, asks: 'why breastfeed?' and examines the clinical issues related to the establishment and maintenance of lactation, some special needs and practical issues and then deals with the three lacs (*Lac caninum*, *Lac*



humanum and *Lac maternum*) and some personal perspectives. Throughout each of these chapters we are given little links and hints to our best-known remedies.

The chapter which gives us a diet sheet for our colicky baby's Mum that eliminates colic symptoms within hours is an absolute gem. How many of us have not been woken in the wee small hours or are called daily by parents of colicky babies. We use our best-known remedies, or take the individual case and give the constitutional, but those two approaches don't always work. We know that if the remedy doesn't work immediately – and hold – other pressures are brought to bear to do the allopathic thing. Even when the chosen remedy does help, the colic symptoms can stay around for several weeks causing strife and disharmony which in turn affects lactation and bonding. Mothers are advised to change

their diets, try this or try that, e.g. stop eating garlic and spicy foods. Patricia's book presents some real answers to exactly why – biochemically – babies get colic and offers her own proven solution which will be a godsend to many new mums.

Lac humanum and *Lac maternum* are relatively 'new' remedies to our pharmacies but I found that reading through these cases and the added information on some more well-known remedies such as *Lac caninum* and *Carcinosin* made a lot of sense and I started using the new lacs with more confidence.

Parts of the book are not easily read by those who have no medical science training but you can always find interesting tidbits of information that keep you going. For example, did you know that Ann Boleyn had an axillary nipple? But I digress. Occa-

sionally the text can be a bit dense. I would have preferred a different font type for the headings, more chapter and section headings to break up some of the long paragraphs and I think a glossary would be a useful addition to the text if ever this book goes to a reprint.

Finally, one reference to the *Lac humanum* proving was not annotated and included in the reference list and I would have enjoyed following that up. How many *Lac humanum* provers did have dreams of a variety of animals – and what animals?

Altogether, this book is a must for every college library and will be a very valuable addition to any practitioner's bookshelf as it will give day-to-day practical help and advice for any busy family practice as well as an instant reference for any problems related to breast-feeding.

Seminar with Dr. Brian Kaplan in Stuttgart


Author of the book: *The homeopathic conversation*

New ways in homeopathic casetaking. An interactive workshop

November 26–27, 2005
 Saturday 10:00 am–18:00 pm
 Sunday 10:00 am–14:00 pm

Seminar fee: € 195,-
 Location: Karl F. Haug Verlag,
 Oswald-Hesse Straße 50, 70469 Stuttgart

Organiser: Karl F. Haug Verlag



Success in homeopathic therapy: this usually depends on good casetaking. But what exactly is »good casetaking«?

In this seminar Dr. Brian Kaplan, author of »The Homeopathic Conversation«, will give answers to that question and will explore with participants established and innovative ways of taking the case in homeopathy.

The seminar will focus mainly on how homeopaths can be flexible and creative in the ways they acquire homeopathic information from their patients. Methods will include the use of imagery (as in Art Therapy) and the use of humour and reverse psychology (as in Provocative Therapy).

The seminar will be held in English.

Yes,

please send me the registration form:
Homeopathic Seminar on
November 26–27, 2005 in Stuttgart:

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