



The Journey of a Disease

A Homeopathic Concept of Cure and Suppression



MOHINDER SINGH JUS

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OF A DISEASE

ENGLISH TRANSLATOR
MRS. CORNELIA WAGENTROTZ

MOHINDER SINGH JUS

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PREFACE

Hahnemann states that life is based on the vital force, a self adjusting principle within the human being. Once the vital force is in harmony, it keeps us healthy, an irritation of this vital force leads to illness. Lack of the life force means death.

Human life is constantly threatened by emotional, physical and climatic influences. As long as our vital force is strong enough, changes from the outside cannot affect our health. Normally, we can withstand many difficulties, pressures and stress. However, it can happen that a minor reason causes an illness. For example, a boy accused of stealing a bar of chocolate may fall sick with meningitis or some other life-threatening disease. This shows us two things:

1. Life does not last forever, it is transient.
2. The roots of a disease go far deeper than they appear on the surface.

You certainly know people who rarely had health problems, but after a personal tragedy for example the death of someone they loved, they became seriously ill. Hahnemann discovered that there has to be something within ourselves that makes us prone to sickness. Hahnemann called this morbid force against life 'miasm'. Very often, diseases result out of quite simple reasons such as disorders in diet, over-exposure to sun or cold, soaking in the rain, abuse of alcohol or coffee, emotional shocks, anger, pleasant surprises, etc. The body might react to those factors with headache, fever, bladder infection, gastric colic, flu, back pain, etc. It is the existence of

the latent psora, the first miasm identified by Hahnemann that explains this specific individual vulnerability to acute illnesses. Disease symptoms like inflammation, discharges, and presence of bacteria are only the result of the vital force weakened by the miasm.

Hahnemann observed that remedies such as Aconitum, Belladonna or Bryonia were very effective in ameliorating the acute states of diseases but were not able to cure the patient in a permanent way – that is, to cure the susceptibility to a specific disease. He realised that disorders like the flu, diarrhoea, measles, scarlet fever, angina or migraine, are only an acute explosion of a miasm. But at this stage he had still no explanation for the roots of chronic diseases like epilepsy, asthma, diabetes, rheumatism, etc. It required further research, before he found out the fundamental difference between acute and chronic miasms. One observation which he repeatedly experienced was that the indicated remedies acted only partially or temporarily. In addition, the symptoms relapsed or shifted to other parts of the body; for example: shortly after the vanishing of the sinusitis, joint pains developed or the tendency to cough switched to migraine.

Hahnemann began to search and see where the real problem was. He started to take a detailed case of each patient. He examined the time when the symptoms began, the previous illnesses of the patient, and the medical history of the patient's family and all previous treatments, medical or surgical.

Twelve years of intense work gave Hahnemann the conviction that miasms, if not properly treated, become chronic and are passed on from parents to their offspring. He

was convinced that these hereditary chronic miasms are the root of chronic diseases. It is often impossible to trace their origins due to the fact that cause and beginning lie way back in the past.

Miasms are hostile to the vital force and they act against it. They should be the main focus of every homeopathic treatment. Disease symptoms are the external expression of the internally deranged vital force; at the same time they are a cry for help letting us know about the problems with which the vital force has to deal and asking us to do something about it. In this sense, the occurrence of symptoms is a part of the defence mechanism of the vital force. Let us imagine a situation in which a patient has a nosebleed; on receiving a dose of the remedy *Hamamelis* he recovers from bleeding but develops brain haemorrhage. This is a very serious situation; a symptom has been pushed from external to internal. The nosebleed was only an expression of terrible miasmatic disorder, which, when treated without being understood, has fatal consequences.

Miasms make us susceptible to ailments. They decide the kind of illness which may develop, and determine the intensity of it. There is no disease, acute or chronic that comes 'just like that', 'out of the blue'. In fact, each serious chronic disease had primary alarm signs which were either ignored or suppressed.

In homeopathic treatment you can observe the following: the latest symptoms vanish at first, old suppressed symptoms may reappear in reverse order and then be cured. Hahnemann observed that many tuberculosis patients he treated had had skin rashes before being afflicted with tuberculosis; So these

rashes were the primary signs of a deeper derangement. In the course of successful treatment these rashes reappeared.

Let us take the example of a young woman with acne, nervousness and menstruation problems. Having taken a homeopathic remedy she is happy about the improved looks and texture of her skin. The homeopath, however, cannot share her joy. The external symptoms might have been suppressed. The outer appearance and the skin symptoms were not the priority in this case. The patient should be able to find her mental harmony first, then the menstruation problems should improve and, eventually, the skin symptoms should get better.

We need to be aware of the fact that in the process of homeopathic treatment, depending on the varying miasmatic background, skin rashes might appear in the form of redness, allergies, acne, hives, abscesses, boils, etc. It may also result in excessive sweating or frequent urination. In hyperactive children (attention deficit disorder (ADD), hyperactivity) I often observed high fever and diarrhoea as a reaction to the homeopathic remedy. There are different ways in which the vital force tries to clear itself. It is a transient phase of self-cleansing, no medicine, even an acute homeopathic remedy, should be given; it will unnecessarily prolong the whole healing process.

I have often seen patients with business or family problems who developed painful haemorrhoids or perianal itching after taking a correctly chosen remedy. They feel better but the body begins to itch. A young mother with depression and complete loss of motivation, after a dose

of medicine develops strong itching of the vulva but feels emotionally much better.

During the course of the healing process the physician might be tempted to treat the patient with some kind of intercurrent remedy. The elimination of a subjectively annoying symptom will disturb the whole process and block the way to the complete and natural healing. During constitutional treatment when a patient, for example, receives a dose of *Psorinum*, his fears, nervousness, negative state of mind, all improve, but the symptoms of the skin aggravate. The itching rashes begin to bleed or discharge pus. This aggravation becomes very annoying for the patient and he constantly pressurises the physician to do something about it. At some point the homeopath is likely to surrender to the patient and try to soothe the strong itching. However, if we look at the patient we will notice that, despite the annoying, itching he looks better; he is less nervous and has lost a few pounds of his overweight. Any change of the homeopathic medication would disturb the process of healing. Only in cases when there is a life-threatening situation is it advisable to consider administering another dose of the remedy or to change the remedy.

Homeopathic treatment of chronic or miasmatic diseases requires patience both from patients and from doctors. The physician who suppresses a miasmatic state or disease works against nature and its laws of cure.

The removal of the uterus because of a myoma or the excision of lumps from the breast is not cure. This can only eliminate the result or the fruit of the disease. For example, a woman with many cases of breast cancer in her family may

have strong fear of cancer. The surgeon's scalpel cannot reach this deeply-rooted miasmatic fear. It will only remove the product of the disease and not cure it. The removal of a tumor is only the removal of what the disease has produced – a fruit or an egg.

Many of the so called modern doctors are aware of this and would even like to follow the path showed by Hahnemann. But to do this, they have to adopt a totally new concept of life, disease and cure. It is hard for them to undergo such enormous changes. That is why many keep treating neurodermatitis (as the name suggests “Neuro” – has to do with the nervous state of the patient) with cortisone, constipation with an endless repetition of laxatives, sleeplessness with sedatives, etc.

Homeopathy is growing more and more popular. I think that we must primarily thank our patients for their strong support in ensuring the rapid growth of homeopathy. It is through their support that homeopathy has become the leading alternative system of medicine worldwide.

I always wished to write a book which would be informative and useful both to patients and therapists. In this book I have tried to elaborate the essence of evolution in medicine as perceived by Hahnemann, Kent and Bose. My wish is to see people become healthier. Each patient should try to locate the internal cause of their external symptoms. Rashes on the skin, acne at puberty, flushes at menopause, minor vaginal discharge or anal itching does not always require the strongest treatments. What it first requires is a thorough examination of the inner state.

Those patients whose present sickness has appeared

after the removal of hemorrhoids, warts or after applying skin ointment, etc. have to become more aware before repeating the same mistake another time.

In short by the presentation of this work I would like the public to become aware how life can be crippled by the suppression of symptoms from methods of treatment which are not based on Nature's law of cure.

As the revolutionary homeopathic concept of health and disease is very new to many, some important points and sections have been intentionally repeated and presented from different angles.

The second part of this book is based on my lectures. Hence to keep maximum authenticity, the character and flow of the spoken language has been preserved.

Specific symptoms of particular miasms are listed systematically at the end of the description. This is especially directed to homeopaths to facilitate the identification of the miasms. I hope this book will become a valuable and indispensable tool in their everyday practice.

With gratitude and joy I present this book to lovers of homeopathy all over the world; my students and colleagues in Switzerland, Germany, Poland, Norway, Finland, India and other countries.

Thanks to the whole SHI Team.

Zug, January 2008

Mohinder Singh Jus

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**PSORA, SYCOSIS,
SYPHILIS,
TUBERCULAR MIASM**



MIASMS IN SHORT

Hahnemann subdivided miasms into different groups according to the different types of humans and diseases. During his lifetime he could form three groups, since when a fourth one has been added.

- **Psora**, the psoric miasm: Main cause for all acute and chronic diseases. One can often find rashes in the medical history of the patient or his ancestors.
- **Sycosis**, sycotic miasm: A suppressed gonorrhoea infection in the medical history of the patient or his ancestors makes him susceptible to specific diseases.
- **Syphilis**, syphilitic miasm: A suppressed syphilis infection in the medical history of the patient or his ancestors makes him susceptible to specific diseases.
- **Tubercular miasm** (Pseudo-Psora): tuberculosis in the medical history of the patient or his ancestors makes him susceptible to specific diseases. This miasm is a combination of Psora and Syphilis.

We will begin with Psora.

PSORA

GENERAL REMARKS

The name “Psora” comes from Greek and means itching. Hahnemann noticed that many of his patients were suffering from *skin problems* when they were a child or knew their ancestors were having such problems. Hahnemann did not talk of skin diseases but rather of symptoms on the skin. There is a big difference between skin diseases and symptoms on the skin; by this statement, Hahnemann made all dermatologists run out of work. The skin is like our third kidney; all the symptoms of the skin are symptoms of our third kidney. The problem is that this third kidney is on the outside and that you can see it; there is an infection too in the other two kidneys, but we do not see it; it is hidden and we are less scared, but as soon as we see it, we get frightened. Unfortunately, there are ways to get rid of these things. The biggest problem begins once we start treating the skin as skin only, as something that is not alive. We treat our skin like plastic, like something dead, having no connection to me; this is offending my skin, showing how ungrateful I am. It wants to help me, clean me and I am disturbing it... It cries and I don't let it cry. It desperately tries to show me that there is something wrong and I am ignoring these signals.

Psora. It itches and I am scratching. When a person dies, the skin is still there, but it does not bother him

anymore once there are ants and maggots on his skin, he does not need his skin any longer. As long as we are alive we need it. We all like to have a nice looking skin and we try all kind of things to achieve this. It was the same in Hahnemann's times; in those days *rashes and eczema* of children were treated with sulphur. There were sulphur baths, ointments, even sulphur tea. But what happened after the skin started to look better? Often *seizures* appeared. What do seizures have to do with acne? We can show there is a connection: a patient with skin rash
epilepsy seizures gets a homeopathic remedy; after the dose the attacks appear less often, but the skin gets worse. The formerly "successfully treated" eczema, suppressed with an ointment a couple of years ago, returns, everything returns. The skin eruptions had made a bad journey, from the outside to the inside, from the periphery to the centre. Inside there was nothing for them to scratch except for the brain cells. This is the moment where I ask the patient what he prefers, a bad skin or seizures.

Psora means *irritation*. J.T. Kent, who taught my teacher, used to say that itching means irritation, greed, ego, increase, collecting money, manipulating, lying, always keep up with the others, be better. Skin eruptions are a relief from this inner restlessness, part of it goes out of the skin; the skin works like a valve, making sure we do not get a terminal disease. This rash proves that the vital force still loves our patient because it tries to protect him.

skin
eruptions
depression Another example concerning *suppressions of skin eruptions* and its connection to *depression* is the

following: a 36-year-old married woman becomes depressed, discouraged and gives up. She says that she finds everything disgusting, especially sex. Her family is suffering due to her indifference and apathy. When I ask her about former diseases, she says: “None”. Nothing comes out of nothing; that is why I ask her about former problems with the skin. “Normal, I only had a few pimples”. “Yes, this is normal, what did you do against them?” “Well, I used an ointment.” Can you imagine that depression at the age of thirty-six is connected with acne suppressed by the age of fourteen? The woman is given a homeopathic remedy and afterwards she gets beautiful pimples on the skin, the back, the breast, all over her body. However, she feels better, she is no longer depressed.

There is a close connection between skin diseases, *concentration disorders* and lack of inner calmness of a human. Homeopaths very often see hyperactive, so-called *ADHS-children* in their practice. Or should we better call them SOS-children? These children were made sick and are not understood in the right way. A teacher who is mentally blocked; a mother who reaches her limit quickly; a father who comes home stressed out – they all have their own rhythm and for sure feel the child is too wild. The teacher has problems with himself; he is very narrow-minded, he is demanding a lot of the children as well as of himself – and he is a perfectionist. However, some children do not want to accept his limits and try to explore their own limits. Such a child does not fit the structure and is given an “ADHS” label, meaning “abnormal”. Every child who doesn’t fit the standard is

concentration
disorders

hyperactive
children

sent to a special school. Soon we will have more special schools than old people's homes. In the medical history of a lot of ADHS children we can often find suppressed skin symptoms. Homeopathy is very successful with ADHS children. During the homeopathic treatment these children tend to have a strong reaction on the skin or at the mucous membranes. It may happen that they are having diarrhoea for weeks, but it does not influence their general state. They have to go through a cleaning process, like a proper "wash". They are having diarrhoea or skin eruptions but at the same time they get calmer and can concentrate much better. They have their own way to the cure; in school they are much more attentive, do their homework properly and can socialize again with other children.

Psoric relief is only possible through psoric discharges; everything that was blocked or suppressed or interrupted has to flow now. The input-output balance has to be even. One cannot drink five liters of water and urinate only two deciliters. One cannot have problems in life and not cry at all. One cannot be overwhelmed with joy and stay stiff and calm. One cannot have a lot of itching without scratching. This is the natural process of balancing. **Psora** on the skin is the most harmless form of it and the easiest one to be treated. What about having an irritation on the mucous membranes or even in the brain? Every organ has its own importance for life. From this aspect for example, the heart is more important than the joints, because one can live with dysfunctional joints but not with a dysfunctional heart. The skin takes one of the very last positions on this list of priorities. In the

course of the treatment the patient and the homeopath have to decide what is more important: the mind or the skin, appetite or skin, weight or skin, sleep or skin, respiration or skin, liver functions or skin, kidney functions or skin?

Please, do not treat your skin externally. You can look beautiful with a bad skin. Beauty is not a matter of the skin, beauty is a scent; beauty lies in the eyes, in the aura. Nobody is good looking because he is two metres tall. People are not beautiful because of the clothes they wear. Beauty is something unique, not definable. St. Augustine says the following about beauty: “As much as the love grows within you, as much beauty grows in you, as love is the beauty of the soul.”

There is *psoric relief* through diarrhoea, rashes, fever, sweating, bleeding and frequent urinating. Somewhere inside there is an irritation and the body is trying to adjust it through normal ways of discharge, misunderstanding this leads to suppression.

Let us take the example of *suppressed perspiration*. Many patients use deodorants that are not only deodorizing but adjusting the sweat discharge as well, which means, suppressing it. Sometimes patients have their axillary sweat glands removed, because the smell is too strong and their clothes have brown stains. This was only unpleasant, annoying for the environment, but now it will become annoying for the patient’s life. Why? All the dirt and ill making substances, which were discharged through sweat in the form of colour and smell, will now remain in the body. It is like a house where the balcony

is decorated with spectacular flowers, you can see them from the outside, they are nice looking, but inside it is cold and uncomfortable. How can I please my neighbour by stinking less, but stinking inside? Like an old cheese, rotten meat or bad fish? Once I stink, my best friend can still hold his nose and say that I am his best friend, but if I stink internally, get aggressive and cold-blooded, will he still stand me? Will he still say that I am his best friend? For sure he won't. Suppression of sweat can lead to various diseases and changes in character, such as sleep problems, nervousness, back pains, allergies, etc.

Psora means internal itching. Pride, greed, possession and power are irritating us more and more. We “scratch” for more means, different friends and partners; we get bored so easily, we are restless, having no goals. Our fire is burning.