

# Importance of Clinical Examination in Homeopathy

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**Abstract:** *A clinical examination is consisting of three phases: case history, examination, and explanation. Out of which for homeopaths a brief case taking or history of patient is a crucial component. But, it is equally important to focus on physical examination (having the sound knowledge of all allied subjects) in order to make a provisional diagnosis, for therapeutic propose, to save patients from unnecessary investigations as well as to develop a good doctor- patient relationship.*

**Keywords:** Clinical examination, Homeopathy, Physical examination

## I. INTRODUCTION

Clinical examination plays an important role for both homeopathic practitioners and patients in order to understand that the interaction is intended to be diagnostic and therapeutic. In homeopathy a comprehensive history of patient and initial observation navigates the case to the particular direction for physical examination. Clinical examination helps homeopathic doctor to differentiate the cases requiring surgical or mechanical intervention as well as to evaluate that whether the new symptom belongs to the prescribed remedy or to the progress of the disease itself.

Initial assessment of physical examination of the patient involves a thorough visual examination of the patient's posture, movement, hands, and face body including skin. Patient's constitution and body language provide very crucial information that can evaluate any emotional distress or mental health-related problems and any abnormalities.

Through this article, we will try to delve into the importance of physical examination in homeopathy, highlighting its critical role in achieving successful therapeutic outcomes.

### What Is Homeopathy?

Homeopathy is a medical system that was developed by Germany physician Samuel Hahnemann in 1796. It's based on the principle "Like cures like"—that means a disease can be cured by a substance that produces similar symptoms in healthy people. Homeopathic medicines are made from animals, minerals, and plants and prepared poetized medicines as per the guidelines of homeopathic pharmacopoeias. Homeopathic doctor treats the patient as a whole by individualizing the patient on the basis of mental, physical general as well as by conducting clinical examination.

### Clinical Examination

There are three phases of clinical examination, such as:

**Phase 1** – Homeopathy case taking (Information gathering)

**Phase 2** – Examination: physical & mental (Objective finding)

**Phase 3** – Explanation (Information giving, decision making)

Phase 1 is one of the most important components of clinical examination. Phase 2 also plays an important role in clinical examination. For a comprehensive assessment of a patient's condition, there is a need to approach to physical examination in such a way that includes four techniques: Inspection, percussion, palpation, and auscultation. These techniques serve as the milestone of the physical examination it helps practitioners to detect any abnormalities, made diagnosis, and develop treatment plans.

**Steps for Clinical examination in Homeopathy:**

A brief case taking should be taken such as mentioned in Organon of medicine (Aphorism no. 84) that a homeopath should write down accurately all that the patient and his friends have told. As per aphorism no. 86 of Organon of medicine Physician should elicit more precise information (e.g. location, sensation, modalities, onset etc.) when the patient has finished his details.

A homeopath will perform physical examination followed by systemic examination as per the requirement of the case. For instance as the case tailoring for neurological problem then along with general physical examination Central nervous system (CNS) examination is mandatory. CNS examination includes cranial nerve examination. Proper knowledge of neurological examination as well as sound knowledge of cranial nerves is mandatory.

**Importance of Clinical examination for homeopathic doctor**

A clinical examination helps homeopaths to consider a patient's medical history, occupation, age, socioeconomic status, and family history.

Helps to identify the risk factors that can affect his health such as such as alcoholism or smoking.

Clinical examination helps doctors to understand the patient's condition and help them to make provisional diagnosis.

To determine appropriate treatment and assess the prognosis of the case.

A physical examination can help homeopath to monitor a patient's progress by taking note of their temperature, appearance, tenderness, and range of motion.

**II. CONCLUSION**

A good clinical examination is necessary to all homeopaths. As it has three phases, but the relative weighting given to each element could varies, depending on the nature of the problem and the time available, but this structure is basis to all homeopaths. The ability to elicit precise history from the patient is crucial; it is the history only navigates the clinical examination followed by subsequent investigation & management. In short an effective clinical examination not only enhances professional fulfillment to homeopathic doctors but advantage to patients also.

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