



---

Review Article

Volume 13 Issue 6

June 2024

---

## UNDERSTANDING OF HOMOEOSTASIS FROM HOMOEOPATHIC POINT OF VIEW

<sup>1</sup>Dr. Prerna Y. Chougule\* M.D (HOM), <sup>2</sup>Dr. Pradeep B. Patil M.D (HOM), <sup>3</sup>Dr. Omkar A. Katage M.D (HOM) <sup>4</sup>Dr. Dhanisha T. Gaikwad M.D (HOM), <sup>5</sup>Dr. Padamavati A. Kumbhar M.D (HOM)

<sup>1</sup>Associate Professor (Guest), Department of Human Physiology & Biochemistry.

<sup>2</sup>Head of Department & Professor, Department of Organon of Medicine.

<sup>3</sup>Assistant Professor, Department of Human Physiology & Biochemistry.

<sup>4</sup>Associate Professor, Department of Organon of Medicine.

<sup>5</sup>Assistant Professor, Department of Homeopathic Pharmacy.

\*Corresponding Author's Email ID: [prernapatil15678@rediffmail.com](mailto:prernapatil15678@rediffmail.com)

### ABSTRACT:

Concept of Homoeostasis is very basic fact which verifies by many on different forums & different aspects of Homoeopathic Principles. While framing the concept of Homoeopathy, Pioneers of Homoeopathy has used a logical explanation; which seems unrealistic at that time, but in depth understanding of concept of Homoeostasis in Physiology clears the mist around Principles of Homoeopathy now-a-days. This article is an attempt to correlate the concept of Homoeostasis with Homoeopathic Principles.

### KEY-WORDS:

Homeopathy, Homoeostasis, Internal Environment, Vital Force , Vital Processes

## INTRODUCTION

Homoeopathy is in line with the most recent scientific discoveries. The defensive abilities of the immune system are also individual, in that they depend on subjective and environmental factors of a physical-chemical and emotional nature<sup>1</sup>.

The term homeostasis was introduced by Walter Bradford Cannon of USA, while the French physiologist Claude Bernard was the first man to grasp the principle of **internal environment** or milieu interne. ECF & Icf constitute the milieu interne or the internal environment of Claude Bernard<sup>2</sup>.

Our body contains numerous regulatory mechanisms that maintain the constancy of the internal environment despite the challenges that tend to destabilize. These regulatory mechanisms are called homeostatic mechanisms & the whole process is called homoeostasis<sup>2</sup>.

The first quality of Vital Force “RULES THE MATERIAL BODY WITH UNBOUNDED SWAY AND RETAINS ALL THE PARTS OF THE ORGANISM IN ADMIRABLE, HARMONIOUS VITAL OPERATIONS AS REGARD TO *BOTH SENSATIONS AND FUNCTIONS...*”<sup>3</sup>

The principle of *internal environment or milieu interne*<sup>2</sup> may be co-related with BOTH *SENSATIONS AND FUNCTIONS* of human beings.

Vital Force “RULES THE MATERIAL BODY WITH UNBOUNDED SWAY AND RETAINS ALL THE PARTS OF THE ORGANISM IN ADMIRABLE, HARMONIOUS VITAL OPERATIONS”<sup>3</sup> may be explained as Our body contains numerous regulatory mechanisms that maintain the constancy of the internal environment in spite of the challenges that tend to destabilize<sup>2</sup>.

**TELEOLOGIC PRINCIPLE<sup>2</sup>:** If a man is exposed to a very hot environment, apparently, his body temperature should rise, this should ultimately kill the enzymes & the man should die. But in real life, the persons living in the hot desert do not die, because human beings have machinery in their body, which cools the body & prevents dangerous rise of temperature; this is called thermal Homoeostasis.

Physiologists by their research work have discovered the mechanism, the formal or efficient causes, but the question remains why such mechanism, i.e the thermal homoeostasis, exists at all?

This is a philosophic question. A simplified answer is nature devised such a mechanism **governed by the Vital Energy to retain the Organism in harmonious Vital Operations** otherwise the man would die<sup>4</sup>.

But (i) according to official science, nature is not conscious, and therefore it could not have taken a conscious decision to save the organism<sup>2</sup>, i.e. Vital Force” RULES THE MATERIAL BODY WITH UNBOUNDED SWAY and Vital force is Instinctive, Unintelligent vital Energy” as explained in Foot no 13 of \$ no 22<sup>3</sup>.

### **HOMEOSTASIS<sup>5</sup>**

Literally this term means ‘unchanging’ but in practice, it describes a **dynamic**, ever-changing situation where a multitude of physiological mechanisms and measurements are kept within narrow limits. Some important physiological variables are maintained within narrow limits by homoeostatic control mechanisms.

Dr. Kent<sup>6</sup> in his lecture ‘SIMPLE SUBSTANCES’ EXPLAINS QUALITIES AS ‘FORMATIVE INTELLIGENCE’ i.e. ‘intelligently operates and forms the economy of the whole animal, vegetable .....’ makes it further clear that there is something which uses its own intelligence for the true holding together of the Material World is performed by INTELLIGENCE WHICH GIVES EVERYTHING ITS OWN IDENTITY.

### **CONTROL OF HOMEOSTASIS<sup>7,3</sup>**

Homeostasis in the human body is continually being disturbed. Some disruptions come from the external environment in the form of physical insults such as the intense heat of a hot summer day or a lack of enough oxygen for that two-mile run. Other disruptions originate in the internal environment, such as blood glucose levels that fall too low when you skip breakfast. Homoeostatic imbalances may also occur due to psychological stresses in our social environment- the demands of work & school, for example. In most cases the disruption of homeostasis is mild & temporary what it is called in Homoeopathy by Hahnemann Indisposition \$ 150, and the responses of body cells quickly restore balance in the internal environment. However, in some cases, the disruption of homeostasis may be intense & prolonged, as in the poisoning foot note of \$ 67 which is quoted as ‘Obstruction and

suppression of the healthy Vital force. To this ..., overexposure to temperature extremes, severe infection, or major surgery”<sup>6</sup>.

Individuality<sup>6</sup> is also a feature of the two-way influence between the neuroendocrine & immune system, which has explained in the field of psycho-neuro-immunology (PNEI<sup>8</sup>) the ability of the organism to maintain homeostasis despite receiving both cognitive (sensory & emotional) and non-cognitive (viruses, bacteria, various antigens & toxic substances) stimuli. The complexity of human brain, studied by neurosciences, is also individual, since it stems both from genetic/epigenetic and from environmental influencing factors, which affect the neuronal activity. Emotions are also individual, with their adaptive & physiological meaning and their ability to represent the true motivating factors and to play the most influential role in bringing about specific diseases<sup>1</sup>.

**FEEDBACK SYSTEMS**<sup>7</sup> is a cycle of events in which the status of a body condition i.e. **the material organism**<sup>3</sup>, is monitored, evaluated, changed, re-monitored, reevaluated, and so on as it is explained as **self-preservation**<sup>6</sup>. Each monitored variable, such as body temperature, blood pressure, or blood glucose level, is termed a controlled condition. Any disruption that changes a **lack of harmony or lacks of balance**<sup>6</sup> a controlled condition is called a stimulus. A feedback system includes three basic components; a receptor, a control centre, & an effector.

**The material organism, without the vital force, is capable of no sensation, no function, no self-preservation ; it derives all sensation and performs all the functions of life solely by means of the immaterial being (the vital force) which animates the material organism in health and in disease**<sup>3</sup>. This statement of § 10 can be explained by Physiology as:

1. A receptor is a body structure that monitors changes in a controlled condition & sends input to a control centre. This pathway is called an afferent pathway<sup>7</sup>.
2. A control centre in the body, for example, the brain, sets the narrow range or set point within which a controlled condition should be maintained, evaluates the input it receives from receptors, and generates output commands when they are needed. Output from the control centre typically occurs as nerve impulses, or hormones or other chemical signals. This pathway is called an efferent pathway<sup>7</sup>.

3. An effector is a body structure that receives output from the control centre & produces a response or effect that changes the controlled condition. Nearly every organ or tissue in the body can behave as an effector<sup>7</sup>.

Again Dr. Kent explains on basis of basic medical sciences as :A man within him by endowment of the Divine a centre of government which is in the grey matter of the cerebrum centre and in the highest portion of the grey matter<sup>6</sup>.

Everything in man, and everything that takes place in man, is prescribed over primarily by this centre, from centre to circumference<sup>6</sup>.

The P.N.E.I. system is a complex physiological control network in which the 3 major homeostatic control systems (CNS and ANS, Endocrine and Immune System) are interconnected in order to drive the physiological functions. They contribute in an integrated way (through signaling molecules such as neuropeptides, hormones, cytokines and growth factors and through the control mechanisms of negative and positive feedback) to the continuous monitoring and adjustment of vital parameters, providing a fundamental adaptive action between a living organism and the external environment<sup>8</sup>.

What is prominently seen: The symptoms of the whole being are prominent; the whole person is affected. The disturbance is significant along the PNEI (Psycho-neuro-endocrino- immunological) axis. The complaints are usually general, either intensely mental, or hormonal. For examples: intense fears, or obesity. Dreams, interest and hobbies are prominent<sup>9</sup>

Homeopathy has its control & treatment of neuroendocrinological disorders through the vital force. The invisible, most intelligent, and eternal vital force that talks through the language of physiology of different cells of human body. These cells synthesize the language of vital force in the form of endocrine glands, hypothalamus & nervous system. The neurosecretory cells convey only that language in the form of different hypophysiotrophic substances. The releasing or secreted hormones is which flows from the vital force<sup>10</sup>.

Homoeopathy introduces Homoeostasis, the science which treats **dynamic**, ever changing situation where a multitude of physiological mechanisms and measurements are kept within narrow limits. Some important physiological variables maintained within

narrow limits by homoeostatic control mechanisms which Dr Hahnemann, founder of Homoeopathy explains as a **concept of Vital Force which animates the material organism in health and in disease** .

Hahnemann thus opened the way for bringing homœopathy under the Physiological laws, creating the Science of Homœopathics and giving it its rightful place in the "Circle of the Sciences."

This article is an attempt to understand the co- relation between Homoeopathic Concepts with that of Homoeostasis in Human Physiology. This is very initial attempt to correlate these concepts; may be polished by detail study at different event.

### **Bibliography**

1. [https://www.researchgate.net>publication>download](https://www.researchgate.net/publication/download) 3.24 pm 21-11-22
2. Concise Medical Physiology, by Dr Sujit K. Chaudhari, New central Book Agency (P) Ltd. Revised reprint; 2011, page no-21, page no-22
3. Organon of Medicine 5<sup>th</sup> and 6<sup>th</sup> edition by Dr. Samuel Hahnemann
4. The Principles and Art of Cure by Homœopathy by Herbert A. Roberts.
5. Ross and Wilson Anatomy & Physiology in Health and illness, by Anne Waugh & Allison Grant, 12th edition, international edition, Churchill Livingstone Elsevier, page no-6
6. Lectures On Homoeopathic Philosophy *BY* James Tyler Kent
7. Tortora's Principles of Anatomy & Physiology, by Gerard J. Tortora & Bryan Derrickson, Indian Books & periodicals publishers, Karolbagh, Delhi, 15th edition (2017) Wiley India Pvt. Ltd.
8. Journal of Pigmentary Disorders (lotti and Perra, Pigmentary Disorders 2014, 1:5 DOI: 10.4172/JPD.1000e101) Bases and Principles of Low Dose Medicine and P.N.E.I. Foundations of Low Dose Pharmacology Torello Lotti<sup>1</sup> and Alessandro Perra<sup>2\*</sup>  
<sup>1</sup>Professor & Chair of Dermatology, University of Rome, Italy  
<http://www.hilarispublisher.com>>open
9. Senation Refined *BY* Dr Rajan sankaran ; second edition, Homoeopathic Medical Publishers, Santacruz (W), Mumbai-400054.
10. Homoeopathy in Endocrinology, by Dr Ronak J. Shah & Dr Mona H. Shah, Indian Books & periodicals Publishers, First reprint edition; January 2011.