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Dare to Differ - A Doctor's Quest for a Gentle Cure

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Abstract

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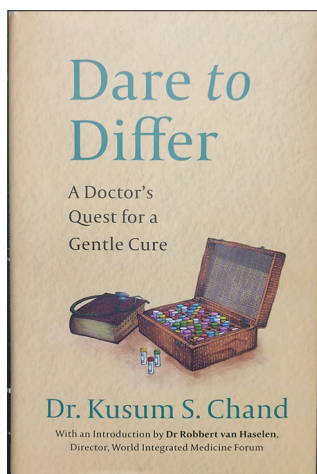
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Dare to Differ - A Doctor's Quest for a Gentle Cure

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Dare to Differ - A Doctor's Quest for a Gentle Cure

Author: Dr. Kusum S. Chand

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“*Dare to Differ*” is a phrase that encourages one to embrace their uniqueness and express themselves in ways that deviate from the norm or societal expectations, bringing new perspectives and possibilities to light. It promotes the idea of being bold, standing out from the crowd and having the courage to pursue one's own path rather than conforming to the status quo.

This book is not written just to highlight a belief in a system that works, but it is a story unveiling the journey of a doctor practicing for four decades; her passion and a quest to tell the world that all the systems of medicine whether conventional or traditional have their own strengths and limitations. She proposes that to work in an integrative model is the best approach for providing gentle cure, thereby reducing human

sufferings, which is the sole aim of a physician. Reading this book is a real treat: it is unbiased, thorough and filled with a lot of very interesting details and scientific facts presented in a clear and concise manner. Personally, I felt that this book clarifies a lot of questions and confusion that many may have about alternative medicine. This small book packs years of learning in the clinic by the author through her observations, trials and experiments, leading to formulations of treatment regimens.

The first part of the book depicts the journey of the author becoming a doctor in times when a girl's education beyond a certain point was considered meaningless and arousal of dilemma whether existing knowledge of medicine was lacking somewhere that prevented complete annihilation of the disease. Dr. Chand's own experience of suffering from drug-resistant urinary tract infection, the distrust felt in alternate medicine and subsequently to be treated by a homoeopathic physician aroused her inquisitiveness to know more about Homoeopathy. In her quest, she started reading homoeopathic books and prescribing homoeopathic medicine for small day-to-day ailments. The use of allopathy as the as main medicine and Homoeopathy for the relief of symptoms was an initial step for an integrative approach with the moto of relieving the suffering of humanity. She was soon famous and was known as ‘two prescriptions doctor’. She developed a keen interest in Homoeopathy and enrolled herself in a course.

The second section, ‘Tryst with homoeopathy as homoeopath’, narrates the beginning of a single prescription doctor as a homoeopath after acquiring membership of faculty of Homoeopathy, London, U.K. The uncharted path where there were many ways of prescribing and experiences of stalwarts written in books was confusing but undismayed, the author experimented with various methods and learnt that it is best to have evidence-based reproducible results. The author comes

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to understand that people have different perceptions of disease and its therapy, and the reaction to treatment depends on each person's state of vitality at that point of time. The same patient may require different therapies at different stages of disease/life. For example, nutritional deficiency can be addressed by supplement, a sedentary lifestyle by yoga, and disease in advanced stages needs to be treated with allopathy. The author set her own patterns of treatment for diseases such as tuberculosis (TB) and formulated a regimen, thereby targeting disease at multiple levels with different medicines to bring a cure in a short time. The dictum of single simple medicine was effective only in single simple straight forward case rather than multifocal a case: a patient, who in a road accident sustained spinal injury where muscle, ligament, bone and tendon all were equally involved, will require all medicines at the same time rather than a single medicine at a time. The lesson learnt is that, for an effective prescription simultaneous targeting presenting complaint, disease timeline and underlying pathology are the most important. This can be addressed by a single medicine or multiple medicines. The prescription needs to be holistic rather than targeted on one symptom.

Dr. Chand, in the third part, has shared her experiences with childhood disease from a very early age be, infancy to adolescence. The section elaborates on the successful case studies on recurrent infections, colic, cold and cough, allergies, skin ailments such as recurrent boils, dermatitis itching, delayed milestones and many more.

The fourth part of the book elaborates on the experiences in the management of urinary complaints. Be it a simple to drug-resistant urinary tract infection, chronic and recurrent infections, urethral stricture, prostatitis, or cystitis, Homoeopathy can be used as a safe and affordable mode of treatment. The author highlights that there is an urgent need to change the way of prescribing and rationalising the use of antibiotics keeping in view the growing anti-microbial menace.^[1]

In part five, the author has shared her experiments in the field of TB. With a background note about the use of Homoeopathy for TB in pre-antibiotic era and World Health Organization regimen of Directly Observed Treatment Short Course, Dr. Chand has shared her experiences in the treatment of TB. Her involvement in the research project "Role of Homoeopathy in Treatment of TB" executed by Government of Delhi was incredible. Her mentorship and guidance aided in coming out with a group of homoeopathic medicines found to be useful which further laid down the path for conducting randomised double-blind placebo control trial in multidrug-resistant TB where Homoeopathy was used as an adjuvant therapy to standard anti-tubercular treatment. A brief description of the project, outcomes regimen developed and successful case histories along with photographic evidence has been shared in the book. The paper published in the journal *Homeopathy*^[2] received the 'Best Clinical Research Paper Award' by the Ministry of Ayush, Government of India in 2017.

Gaining experiences from the research, the book unveils the cases treated by Dr. Kusum Chand in hospital settings. The cases illustrated are the drug intolerant cases where the patients were not able to continue conventional treatment and were referred for treatment to the author for homoeopathic medicines. The results have shown the positive role of Homoeopathy and reducing the time of treatment. The efforts were well appreciated by the fellow colleagues in conventional medicines.

The book's most poignant moments are the case histories^[3] of the patients treated with Homoeopathy be it a child, adult or an old age patient or a disease such as drug-resistant and intolerant TB cases.

This book has something for all. For a physician - motivation to keep learning, accumulating experiences, and respecting patient needs more than the dictates of texts. For every patient – effective treatments irrespective of beliefs. More so, for everyone – at the crossroads in life: follow the heart with logic, keep learning till your journey to self-discovery becomes the road to success. This first-person account of a doctor's experiences in the worlds of allopathy and Homoeopathy, the transition in between and an attempt to bridge the two, make an interesting read on the choices we make and paths that we traverse.

Dr. Hahnemann^[4] mentioned being unprejudiced as one of the first qualities of a physician, yet when one is reading about multiple medicines, treatment regimen we are confronted with our own prejudice towards single doses and higher potencies, which incidentally were propagated by Kent^[5] and not Hahnemann himself. The book opens the path of learning materia medica based on pathology and altered physiology and viewing repertory as an indispensable tool for prescription.

Dealing with multiple conditions, in private clinic, TB clinic, TB hospital, tertiary care hospital, over the years, treatment regimens are not only formed, they have been led bare to the profession to apply and test for themselves. That is the challenge that Dr. Chand took by daring to differ and that is the challenge, she is posing to the profession.

I insist all fellow colleagues learn from her, and test her but do not dismiss because she has brought forth discomfiting truth to us all, as to where many of us stand in our limited prescriptions.

If there is anything missing in this book, it is the lack of any description of the considerable research efforts currently ongoing in the field. But that is not the purpose of this book, and it certainly does not detract a reader from what is otherwise an excellent piece of work.

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