Out-line

- Introduction
- Underlying Concepts
- Principles
- Homeopathic Drugs
- Remedies – Scope of Action
- Care of Remedy
- Hering’s Law of cure.

Introduction

- ✓Homeopathy is a medical approach that’s defined by the principle of similars:“like cures like.”
- ✓A distinct, comprehensive and deep healing system originally developed by Samuel Hahnemann about 200 years ago.
- ✓Its practitioners use small quantities of highly diluted substances that in larger quantities would provoke the same symptoms they intend to cure.
- ✓ All forms of medicine that don’t follow this principle are considered allopathy.
- ✓ We appreciate symptoms as being the language in which the body speaks to us.

Cont….

- ✓They show us that the body is struggling to externalize the potential damage that a deep-seated illness could do at the body’s core.
- ✓If we’re seeing various external symptoms, we can be fairly certain that deep damage hasn’t been done yet.
- ✓If these stop, we can assume that either the individual is cured or the illness has reached deeper to the core level.
- ✓Homeopathy views the body’s expression of symptoms as a healthy mechanism.
- ✓ It treat a patient’s set of symptoms with remedies that would cause a similar set of symptoms if taken in sufficient quantity by a healthy person.
- ✓Like cures like.

Underlying Concepts:

- ✓**Health** is seen as freedom and creativity.
- ✓On the mental plane, having accurate information, effective memory, workable or consistent concepts, clarity of data processing, a sound sense of purpose and goals.
- ✓ **Freedom** on this level means freedom from error and confusion.
- ✓**Creativity** means access to the tools and goals and impetus in the cognitive and spiritual sphere.
- ✓ On the emotional plane, health means freedom of the passions – access to the rich variety of feelings of a whole and wholesome human experience.
- ✓Health on the emotional level also means *from passions*.
- ✓ Limited or distressed if plagued by uncontrollable feelings – by anxiety, depression, or even more positive feelings of manic joyfulness or sexual stimulation, etc.

Cont…..

- ✓ **Creativity** means the experience of newness, evolution, enhancement in loving connections with others and enthusiasm in one's life pursuits.
- ✓ physical plane, health means freedom from pain and physical limitations – smooth, effective, comfortable functioning in interface with the physical environment.
- ✓ Symptoms are essentially the limitations of freedom.
- ✓ Disease means a complex or combination of symptoms that occur together.
- ✓ A cure is the removal of symptoms – and also of treatments (When ongoing or recurrent treatment is needed, this is considered "palliation" not "cure".)

Principle of Homeopathy

- ✓Fundamental principles of homeopathy are quite distinct & different from those of other schools of medical science.
- ✓These laws of homeopathy were described by Hahnemann in different sections of “Organon Of Medicine & Philosophy”.
- ✓There are eight cardinals or eight basic principles of homeopathy.
  1. Law of Similia
  2. Law of Simplex
  3. Law of Minimum
  4. Doctrine of Drug Proving
  5. Theory of Chronic Diseases
  6. Theory of Vital Force
  7. Doctrine of Drug Dynamization
  8. Theory of Individualization

Cont.....

1. Law of Similia:

- ✓It is the very basic foundation stone upon which all other Principles, observation & the whole theory & practice of homeopathy rest
- ✓Known as “similia similibus curentur” means let likes be cured by likes.

2. Law of Minimum :

- ✓Giving smaller and smaller medicinal doses, and found that as well as reducing toxicity.
- ✓The medicines actually appeared to be more effective the lower the dose.
- ✓Motto is rapid, radical cure without any adverse effect.
- ✓The quantity of minimum dose leads to the discovery of a practical process called potentization.

Cont….

- The importance of minimum dose:
  - No injurious effect !
  - No unwanted aggravation !
  - No risk of drug addiction & side-effects !
  - Full advantage of curative property of the medicine can be taken !
  - The process can be controlled !
  - Progress can be observed accurately !

3. Law of Simplex:

- ✓Simple medicinal substance at one time.
- ✓You can understand why two tigers can not live in one place.
- ✓The same applied when two or more homeopathic medicines administered at a given time to a patient.

Cont.....

4. Doctrine of Drug Proving :

- ✓It is a systematic investigation of pathogenetic power of the medicine on healthy human being of different ages both sexes.
- ✓Prescribe only those medicine whose medicinal properties are known.
- ✓It is the only reliable knowledge of medicine, which are very much essential to cure diseases with “LAW OF SIMILAR”.

5. Theory of Chronic Diseases :

- ✓Chronic diseases are caused by chronic miasms.
- ✓He named them PSORA & SYCOSIS & SYPHILIS.
- ✓Chronic cases would relapse with recurrence of symptoms at intervals, while the acute diseases did not relapse.

Cont.....

6. Theory of Vital Force :

- ✓Vital force is the invisible vital energy that animates each organism and is the most intimate spark, the essence of the individual.
- ✓The material organism (body), without the vital force is capable of no sensation, no function, no self-preservation.
- ✓In health it is this spirit-like force that governs the life and maintains all the bodily sensations and functions in equilibrium.
- ✓When a person falls ill the vital force, which is primarily deranged by the dynamic influence upon it of a morbific (disease-causing) agent inimical to life.
- ✓ Deranged of vital force to such an abnormal state, which can furnish the organism with its disagreeable sensations and incline it to the irregular processes, which we call disease.

Cont.....

7. Doctrine of Drug Dynamization:

- ✓ Process of dilution until he discovered that the curative power of drugs bore no proportionate relationship to the crude quantity.
- ✓ But by this peculiar and systematic method of dilution based on a regular scale, the concealed curative powers of otherwise inert substances were extracted.
- ✓ He named this process of drug dynamization as ‘Potentization‘.
- ✓ Potentization is a process by which all the medicinal properties, which are latent in a substance, are extracted from their crude form for the curative purpose.

Cont….

- ❖ Drugs are potentized by two methods:
  - ➢ Trituration – in case of insoluble substances.
  - ➢ Succussion – in case of soluble substances.
- ❖ The objectives of potentization in Homeopathy are:
  - ➢ To reduce the medicinal substance which helps to avoid unwanted medicinal aggravations and side effects.

Note:

- ✓ Homeopathy believes that vital force is dynamic in nature and that is affected by disease, can only be cured by the dynamic power of serviceable medicine, not by its material quantity.
- ✓ The action of potentized medicines is deeper, longer and more wide-spread.

Cont.....

8. Theory of Individualization

- ✓ Real cure of diseases can take place with a strict particular treatment (individualization) of each case of disease.

Homeopathic Drugs

- ✓Homeopathic drugs are prescribed in two ways.
- ✓One the prescription of a drug for a specific disease or chief complaint and
- ✓Another for an individual based on his or her temperament.
- ✓Homeopathy is not in contrast with the modern medicine.
- ✓But it can be used as an adjunctive therapy with them specifically for the diseases

that conventional medicine were not effective for them or have adverse side effects.

Remedies – Scope of Action

- Three ways the actions or range of symptoms covered by a remedy are determined:
  - ✓ toxicities,
  - ✓ cured symptoms
  - ✓ provings.
- ✓ Remedy will cure symptoms it will cause – "like cures like"
- ✓ This is most especially and dramatically true when they are used "in potency", that is after being "potentized" by trituration, dilution and succussion.

Cont….

- **Toxicities** – many of the remedies are derived from well known poisons, such as arsenic (Arsenicum), poison oak (Rhus toxicodendron) and poison hemlock (Conium).

✓ Materials which are toxic in the crude, or material, or non-potentized form have a known range of toxic symptoms from accidental poisonings, suicide attempts, etc.

✓ For example, Plato, describing the death of Socrates by poisoning with hemlock (Conium).

✓ Materia Medica, describes the action of Conium as: “Extremities: Heavy, weary, paralyzed… fingers and toes numb.”

Cont……

❑Cured symptoms

- ✓ After administration of a remedy give further data on the scope of action.
- ✓ For example, case treated with the remedy Calcarea arsenicum. In addition to many known symptoms of this remedy that were relieved after it was administered, the patient had four distinct and persistent symptoms which were also relieved – craving for the smell of naphthalene, fainting at the sight of blood, involuntary movements of eyelids and impulse to count things when waiting.
- ✓These are “offered for reconfirmation,” that is if they are noticed to be cured by this remedy a few more times, they may be added to the repertory as suggestively related to the remedy’s scope of action.

Cont…..

- **Provings** of the remedies means having healthy people take the remedy and report carefully any symptoms they experience.
- ✓ Most people will not respond to a random remedy at all – but in a large enough group, and with repeated doses, a few people who are sensitive will develop transient symptoms.
- ✓ For example, small proving experiment on Cenchris-Contortrix in which five people took the remedy at 6x, 30x and 10m potencies and reported symptoms they noticed.

Care of the Remedies

- ✓The potentized remedies are in some ways very durable and in some ways quite fragile.
- ✓They can maintain their potency for many decades in closed (e.g. corked glass) containers.
- ✓Place in a cool environment protected from excessive light.
- ✓ During storage, before administration they must not be exposed to temperatures above about 115° to 1200°F, to strong light (e.g. direct sunlight), to odors in the air
- ✓They should not be opened.
- ✓During administration, one should make sure the patient is not wearing any perfume or fragrant oils, or has a significant mouth or body odor.
- ✓The patient should also not eat or drink anything (except water) for about 15 minutes before and after receiving the remedy(WHY?).

Cont…..

- ✓ Remedies are durable – or rather the natural healing process they trigger or stimulate.
- ✓Evolve without interruption in the face of many obstacles – depending on the strength and specific susceptibility of the vital force.
- ✓There are four “antidoting” or disordering stimuli that come up frequently enough to be worth reviewing with the patient carefully at the beginning:

1. Caffeine: especially coffee tea, chocolate, etc. coffee very often reverses the action of the remedy.
2. Camphor: which is often an ingredient of topical muscle strain ointments (e.g. Vicks Vapor Rub, Tiger Balm), stimulating oils and inhalants, lip balm and lip-stick, cough lozenges, etc.

- ✓It is important for the patient to read the label, and refrain from using products with camphor.

Cont….

3. Symptom-suppressive medication – that is anything which treats symptoms locally rather than treating the organism as a whole, or which suppresses the body's natural defense (symptom forming) reactions.

✓Corticosteroids used on skin rashes are an outstanding example of this.

4. Dental work – dental drilling and filling, with or without Novocain, often "antidotes" or counteracts the homeopathically stimulated healing process.

✓Teeth cleaning and routine checks are not disruptive.

✓ Does not want to advise the patient to decline necessary medical, surgical or dental care.

✓But it is advisable to postpone non-urgent treatments, and to consider the symptoms being treated in the light of Hering's Law of Cure and the expected evolution of the healing process.

Hering’s Law of Cure

- ✓In observing the shifts of symptoms as patients responded to the homeopathic remedies, are noted as four principles(law of cure).

1. **Upside-down**

- ✓When the body is involved in a natural healing process (whether triggered by homeopathy, acupuncture, a deep spiritual experience, a deep therapeutic dietary change, etc.)
- ✓symptoms tend to move down the body, from head to feet, if the process is in a healing direction.
- ✓For example, a rash may move from the face to the chest, then to the abdomen, then thighs – the upper parts clearing as it goes.
- ✓ Or muscle cramps or joint pains may move from the shoulders to the hips, then legs.
- ✓ If symptoms move the other direction, it suggests that the illness is being suppressed; the disease is getting worse.

Cont….

2. **Inside-out**

- ✓When the body is involved in a natural healing process, symptoms tend to move from the deeper parts of the body toward the surface.
- ✓In the course of a deep cure, as mental and emotional and deep physical symptoms clear, the individual develops a skin rash, or eruption on mucous membranes of the nose, mouth, vagina, etc, or a discharge – runny nose, diarrhea, or opening of an infected area.
- ✓It is as if the body was casting the disease outward.
- ✓Such symptoms of evolution towards health need to be allowed to occur naturally and not suppressed by local treatments or systemic suppressive agents.
-

Cont…

3. Backwards

- ✓When the body is involved in a natural healing process, old symptoms which have been suppressed or incompletely cured may return, and in the reverse order of their original occurrence.

4. Unimportant – When the body is involved in a natural healing process, symptoms tend to move from more to less vital organs or body systems.

- ✓For example, as a depression clears the patient develops palpitations, which subsequently clear as the patient develops digestive disorders, etc.
- ✓Brain and emotional functions are more central, more vital than heart palpitations, which are again more vital than digestion.
- ✓If these symptoms are allowed to evolve without suppression, the patient will continue to move toward cure.

10 Q