

Homeopathic Medicine

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There were formerly 22 homeopathic medical schools in the United States granting the MD degree. Since 1960, homeopathic medicine has been delegated a postgraduate medical specialty. Therefore, an MD, DO, DC, ND, OMD, or other types of practitioners take additional training in prescribing homeopathic medicines. The degree or letters after the person's name come before, and not because of, the specialty.

Before you can understand what homeopathic medicine is all about, you must first understand what allopathic medicine is.

The greatest number of physicians in the US practice **allopathic** medicine; so many, that it is usually referred to simply as medicine. Rather than being a distinct school with a particular philosophy about healing, it is a collection of diagnostic and treatment methods, some very old and others constantly changing. Illnesses are classified according to their symptoms and causative agents, and are given names. Once the illness is identified, drugs are used to treat the symptoms or to kill disease agents.

Here is where the distinction begins. The prescribing philosophy and what has become "regular" medicine is usually allopathic that is treating with opposites. For example, if the patient has an over acid stomach, an anti-acid preparation

would be given. Treatment consists of something that causes a condition opposite to the one being treated. High blood pressure is treated with drugs that lower arterial tension; fever is treated with drugs that lower body temperature, etc.

Homoeopathic medicine is based on the use of minute amounts of substances that match the patient's overall condition. It is the exact opposite of conventional medicine in that it uses drugs that cause a condition similar to the one being treated. For example, ipecac is a substance that causes nausea and vomiting. However, if given in very small doses to a person who is sick, it provokes a reaction in the body to relieve the nausea. In the same way, large doses of Peruvian bark extract produces symptoms of malaria; Homoeopathic doses of it cure malaria. This is because of natural responses in the body that were observed 200 years ago by homoeopathic doctors, and only now recognized as the “immune system”.

Many substances first introduced by homoeopathic physicians (like nitroglycerin and digitalis for heart conditions, for example) have come to be used by allopathic doctors as well. Homeopathy was brought to US from Europe to combat several epidemics, such as yellow fever and influenza. Early homoeopathic approaches to scarlet fever, dysentery, and meningitis were dramatically successful.

The cornerstones of the homoeopathic approach are: treatment based on the similarity between the medicine and the person (not based on the disease name), one medicine to

heal the whole person (rather than different drugs for each problem), and the minimum effective dose (often impossibly small amounts of natural substances, which have no toxic side effects).

As you can see, homeopathy is a philosophy and a method of prescribing medicines, which is why many different types of doctors become homeopaths.

Classical Homeopathy: Three Principles

The first principle or tenet is *similia similibus curentur*, which is a Latin phrase meaning “like should cure like”. Each person shows symptoms of his body, mind, and spirit when he is sick. Some of these symptoms are common to the particular sickness and some of them are unique to that person in his sickness. The homoeopathic physician matches the symptom picture of the remedy to the symptom picture of the person, with particular attention paid to those symptoms that are unique to that individual. Thus, for the homoeopathic remedy to be curative, the symptom picture of the remedy must be like that picture that the sick person shows.

The second principle of Homeopathy is the single remedy. It would be quite impossible for one to know which ingredient was doing what to a sick person if that person were given a medicine that was a combination of ingredients. Therefore, the classical homeopathic doctor gives only one medicine at a time

to the sick person. The doctor allows sufficient time to pass to observe the effects of that one medicine on the ill person.

The third principle of homeopathy is the minimum dose. Drugs given to people in material doses are frequently found to cause side effects or adverse reactions. To minimize this problem, the homoeopathic doctor gives the smallest possible dose so as to maximize the beneficial effects and eliminate the side effects of the medicine.

Modern Homeopathy

There are non-classical ways to apply homeopathic medicines as well, and are used extensively in many parts of the world. Rather than laboriously finding the one “perfect” overall medicine for the individual, apply it and wait for the patient to go through a long process of healing (not unlike psychoanalysis), another approach is to use medicines according to the conditions present in the patient. Many doctors in Europe give micro doses of disease agents that caused a particular problem, along with highly diluted “drainage” remedies that encourage the body to eliminate the causative agents. This is a different, but highly effective, way of using homoeopathic principles and medicines.

Another non-classical method is using compound medicines that are formulated for specific illness rather than the person who has the illness. Most homoeopathic pharmaceutical companies make these combination remedies for various

conditions, enabling laypersons to treat themselves. A government study a few years ago found that these were just as effective as the classical single remedy prescription, which makes the average homeopathic doctor (but not me) mad as a hornet!

Classical homeopaths generally have high intellects, and they enjoy using their brains as well as huge, old, musty, leatherbound books from a century ago. Think of Sherlock Holmes solving the mystery from tiny clues anyone else would have missed. That is homeopathic medicine as it has long been practiced. Because of the effort involved, and the long tradition of doing it that way, these doctors are frequently upset if anyone suggests a way to streamline the process or to deviate even slightly from the time-honored methods. I spoke once at a conference about using different instruments to verify the correct prescription, and was never asked to speak there again. In fact, I'm not even invited to attend anymore! Yet they argue among themselves constantly about whether to use low potency medicines or high ones in a particular situation, which is the best way to analyze cases, etc.

Whether someone uses a low potency or a high potency medicine, a single remedy or a compound, I have found that using electrodermal screening helps tremendously when trying to find a homeopathic medicine that will help a patient. This simple test lets the person's body tell me what is compatible and effective. Rather than just analyzing the case from a theoretical standpoint, then giving the patient the medicine

and waiting to see if it works, I can avoid ineffective measures by testing first. In over 40 years, I have seen thousands of cases where the test has prevented me from applying some treatment that looked correct in the textbook, but proved otherwise.

My Approach

I was trained as a classical homeopath and have my CCH (Certified in Classical Homeopathy), which is not easy to qualify for. So I am not a dabbler where it comes to Homeopathy. Yet I started to notice over the years that people were not responding to the classical homeopathic prescriptions like they used to. I used computer programs to help me analyze my cases better and to help confirm choices, but the dramatic cures were still not happening as often as they used to. It became obvious that the current environment is so poisonous and stressful that people with chronic health problems we now have layers and layers of toxicity. Getting well is not going to happen without shedding those layers, and they provide obstacles for even the best-chosen homeopathic medicine to work effectively. I have seen many times how a well indicated medicine would not get the person better all the way, or might not act at all. After doing some detoxification on the person, I would give the same medicine again and it would work miraculously! Same person, same medicine. But in between there were now no obstacles. This follows the naturopathic concept of healing, and in reality I practice primarily as a naturopathic doctor.

Our clinic has over 1000 homoeopathic medicines in our pharmacy. I use all potencies from the low to the very high. I apply them in a variety of methods, from drainage remedies to the classical prescription, but always according to the case being treated. At one stage of a person feeling they may require one approach; then later, another. By individualizing a person's case I can ensure that healing will take place in the most efficient manner. I am not chained to one methodology, and I feel this is one reason why we have such a high success rate at our clinic.