

Homeopathy

Introduction to
Homeopathy

Principles

- A system of medicine based on the principle of “like cures like” -similia similibus curentur
- Uses the smallest dose possible to produce a response



Origins

- This principle was first described in Hindu writings over 3000 years ago
- Also mentioned by Hippocrates , Galen in the 2nd century and Paracelsus in 16th century
- More recently researched by a German physician Samuel Hahnemann who developed “Homoeopathy”

Hahnemann

- Disillusioned physician
- Tried cinchona bark
- Gave preparations to family and students to prove
- Diluted medication
- Remedies

Examples of the similia principle

- Peeling an onion leads to sore, runny eyes, itchy nose and sneezing - *Allium cepa* used to treat hayfever and colds
- nettle stings produce a burning, itchy wheal on the skin - *Urtica urens* is a good remedy for similar skin lesions
- arsenic poisoning causes severe vomiting and diarrhoea with burning pains and chilliness - *Arsenicum alb.* V. effective in gastroenteritis and food poisoning

Examples of the similia principle in medicine

- Radiotherapy which is used to treat cancer also causes it
- Amphetamines which produce hyperactivity, are used to treat hyperactive children
- Immunisation
- treatment of erythromelalgia with Praxilene?

Basis of Treatment

- Homeopathy works with the body's response to illness and remedies are prescribed according to the symptoms
- one remedy can be used to treat several ailments
- one ailment may need to be treated with different remedies in different patients

Materia medica

- Known symptoms produced by poisonings
- Symptoms produced by provings
- Symptoms relieved when remedy given for other symptoms

Selecting the remedy

- Detailed Homeopathic history
- Repertorization
- Materia medica

Homeopathic history

- Details of presenting complaint - aetiology, aggravations, ameliorations, modalities
- Aetiology : trauma, bereavement, never well since -pregnancy, menopause, glandular fever
- Aggravations : conditions that make symptoms worse
- Ameliorations : improve symptoms
- Modalities : conditions qualifying a symptom

Homeopathic history

- General symptoms - patients' reaction to their environment, heat, cold, weather
- Food likes or dislikes, e.g. crave pickles, like fat
- periodicity - frequency of symptoms - monthly, weekly, yearly

Mind or Mental symptoms

- Placid, anxious,
- Anxious on anticipation
- Depressed
- Weepy
- Consolation
- Easily bored
- Jealous
- Tidy
- Fears
- Company
- Shy
- Routine
- Resentments

General appearance

- Vivacious red-head
- Nervous
- Laid-back absent minded professor
- Prim and proper
- Scruffy
- Extremely neat and colour co-ordinated
- Weepy blonde
- Lacks energy
- Flabby handshake
- Closed
- Shy, hides behind mother
- Anxious to please, maintain eye contact

The relevant kingdom

- Animal, Mineral or Vegetable (Plant)
- Animal – hunter/ hunted, victim, prey, pursued, escaping, nurturing, flying, pouncing, caged, free
- Mineral – structural terms, cracking, crumbling, stable/ unstable, falling apart
- Plant – sensitive to surroundings e.g light, warmth, smells, cold, damp,

Repertorization

- Repertory contains details of symptoms produced by remedies listed under bodily systems e.g. mind, vertigo, head, eye, vision, ear, hearing, nose, face etc.
 - e.g. **heartburn after eating** - *Aesc.* *agar.* *Am.c.* *anac.* *Calc.* *Calc. p.* *carl.* *Chin.* *Cocc.c.* *con.* *Croc.* *Graph.* *Iod.* *Lyc.* *Merc.* *Nat. mur.* *Nit.* *Ac.* *Nux v.* *Sep.* *Sil.*

Repertorisation cont.

- Strong features of the history in each area - mind, generals and local symptoms
- The strength of a symptom in a rubric is indicated by the type,
 - i.e. **bold type-strongly present,**
 - *italic - moderate,*
 - ordinary type - symptom present for that remedy

Further considerations

- Aetiology
- Peculiar symptoms e.g.
 - burning sensation > warm applications
 - asthma > lying down
 - feels exceptionally well day before headache
- Symptoms can then be fed into a computer

Remedies

- These are prepared from :-
- minerals,
- plants,
- fish,
- insects,
- snakes and disease products



Sepia - ink sac of the cuttle fish

- Irritable, intolerant of contradiction
- Weepy, depressed, easily offended
- Can't be bothered, can't cope
- Indifferent to family, wants to run away
- Brunettes, butterfly rash on face



Pulsatilla - wind flower

- Mild, yielding disposition, shy, blush
- Fair, fat, forty, blue-eyed
- Laughs and cries easily, craves sympathy
- < for heat > fresh air, < damp
- > gentle movement, restless
- Absence of thirst, dislike and upset by fat, pork, spicy food

Sulphur

- Absent minded professor
- Scruffy with dirty skin
- < heat
- Desires fat, salt, sweet
- Skin ailments
- Lazy, selfish, irritable
- Hungry 11a.m.

Case History

- 40 yr old lady
- Depressed, indifferent to family
- lacks affection
- anxious about finances
- wants to be alone
- > dancing, walking quickly
- craves vinegar premens

- Indifferent to loved ones : *Acon. Ars. Fl.ac. **Hell.** Merc. Nat.p. **Phos.** Plat. **Sep.***
- Fear of poverty: *Ambr. **Bry.** *Calc* *Calc.f.chlor.* Meli. Nux v. *Psor.* Puls. *Sep.* Sulph.*
- > alone: *Bar.c. *Lyc.* *Nat c.* *Nat m.* *Plb.* **Sep** *.Stann.* Staph.*
- > walking fast: *Arg n. *Canth.* Carb ac. *Ign.* *Nat m.* *Petr.* **Sep.** *Stann.* *Sul ac.* **Tub.***
- Desires vinegar: *Apis. *Arn.* Ars. **Hep.** *Kali p.* *Sep.* Sulph*

Preparation of the Remedies

- Whole plant is macerated in alcohol 
- mother tincture
- 1 drop added to 9 or 99 of solution results in 1X or 1C potency
- Succussed in between dilutions
- Standard potencies :- 6C, 30C, 200C, 1M, 10M, 50M

Prescription

- 6C for local symptoms e.g. joint pain, skin eruptions
- 30C for acute illness e.g. influenza, diarrhoea and vomiting, childhood illnesses
- 200C if giving nosodes e.g. glandular fever nosode, pertussis, measles vaccine
- 1M or 10M for strong emotional symptoms e.g. grief, P.M.T., depression, anxiety etc.

Instructions for taking remedies

- Homeopathic remedies are very delicate and should not be handled.
- They are absorbed from the mouth and so are sucked not swallowed.
- Should not be taken near food or drink as these may interfere with the absorption.
- Store away from strong smells.

Direction of cure

- From top to bottom
- From inside to outside
- From an important organ to a lesser one
- May develop “old symptoms”

The clinical place for homeopathy

- Where there is no effective allopathic alternative
- Where conventional medication is unsafe
- Where allopathy has unacceptable side-effects
- To minimise the use of allopathy

No effective allopathic treatment

- Allergies
- Anger
- Bruises
- Colic
- Fear/phobias
- Glandular fever
- Grief
- Influenza
- Mastalgia
- M.E./chronic fatigue
- Nightmares
- Premenstrual syndrome
- Teething
- Urethral syndrome
- Warts

Where conventional medication is unsafe

- Pregnant women
- Young children and babies
- The elderly
- Anticipatory anxiety

Where the side effects of allopathy are unacceptable

- Anxiety
- Depression
- Menopausal symptoms
- Osteoarthritis
- Situations requiring repeat antibiotics

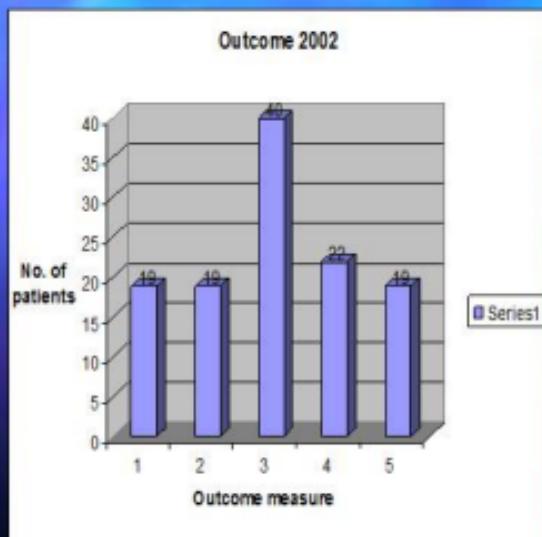
To minimise the use of allopathy

- Asthma/eczema
- Constipation
- Dysmenorrhoea
- Hypertension
- Migraine
- Neuralgias
- Recurrent otitis media/ U.T.Is/ sore throats

The rewards of homeopathy

- Patient satisfaction
- Effects on consultation technique
- Intellectual achievement
- The joy of detective work
- Understanding aetiology
- Personal satisfaction and fulfillment

Overall Outcome of Treatment with Homoeopathy - GHOS



- 1 = No change
- 2 = Slight change
 - Improvement in wellbeing but not PC
- 3 = mod improvement
- 4 = good improvement
 - No symptoms as long as continue with remedies
- 5 = cure
 - Asymptomatic without remedies

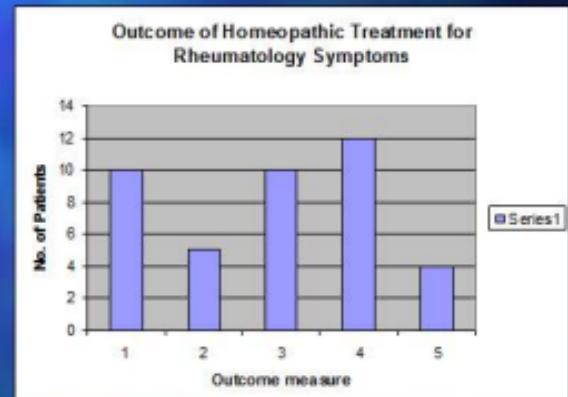
68% range from 3-5

Conditions referred for homeopathy in 2004

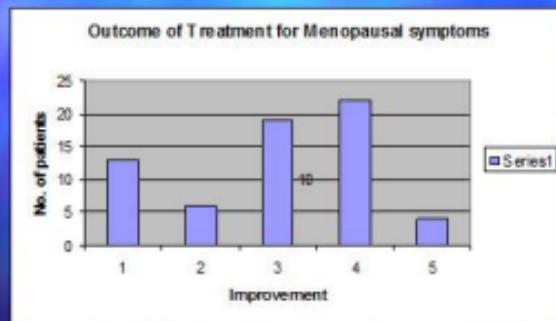
- Asthma/eczema/allergies/hayfever - 17%
- Menopausal and PMT symptoms – 16%
- Rheumatological symptoms - 13%
- Chronic fatigue syndrome - 10%
- ADHD, IBS, UTIs, neuralgia, candidiasis, depression and anxiety, headaches, migraine, etc.

Audit of Homeopathic treatment for Rheumatology diseases

- 1 – No Change
- 2 – Sl Improvement
- 3 = Mod Improvement
- 4= Good Improvement
- 5 = Complete Cure



Outcome of Menopausal Symptoms



- 20% no change
- 10% improvement in wellbeing
- 30% some improvement
- 34% asymptomatic - on remedies
- 6% asymptomatic - no remedies

The evidence for homoeopathy

RCTs - the meta-analyses

- Kleijnen J, Knipschild P, Ter Riet G. Clinical trials of homeopathy. *British Medical Journal* 1991; 302 (Feb 9) : 316-323.
- Linde K, Clausius N, Ramirez G, Melchart D, et al. Are the clinical effects of homeopathy placebo effects? A meta-analysis of placebo-controlled trials. *The Lancet* 1997; 350 (Sep 20): 834-843.

Kleijnen's conclusion

- They found that of 107 trials with interpretable results, 77 were positive.
- They then looked at a sub-group of the most rigorous trials and discovered that 15 out of 22 found homeopathy to be superior to placebo.
- One of Kleijnen's conclusions was that the evidence found : would probably be sufficient for establishing homeopathy as a regular treatment for certain conditions.

Linde's conclusion

- Linde's conclusion is "The results of our meta-analysis are not compatible with the hypothesis that the clinical effects of homeopathy are completely due to placebo".
- A reading of the study shows a clearly positive result for homeopathy
- 42% of the trials were clearly positive and a further 39% showed a positive trend

Useful Addresses

- British Homeopathic Association,
Hahnemann House, 29 Park Street,
Luton, LU1 3BE.

www.britishhomeopathic.org

Academic Department,
Glasgow Homeopathic Hospital,
1053 Great Western Road, Glasgow, G12 0XQ

Why learn homeopathy

- Your patients will be using it
- Your colleagues will be using it
- There is a clinical need for it
- It is rewarding