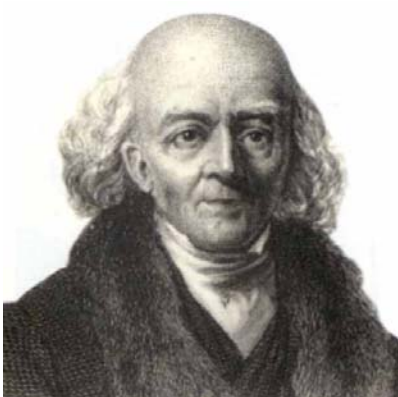


Awen Homeopathy



Introduction to Homeopathy



**Samuel Hahnemann
to
David Little**

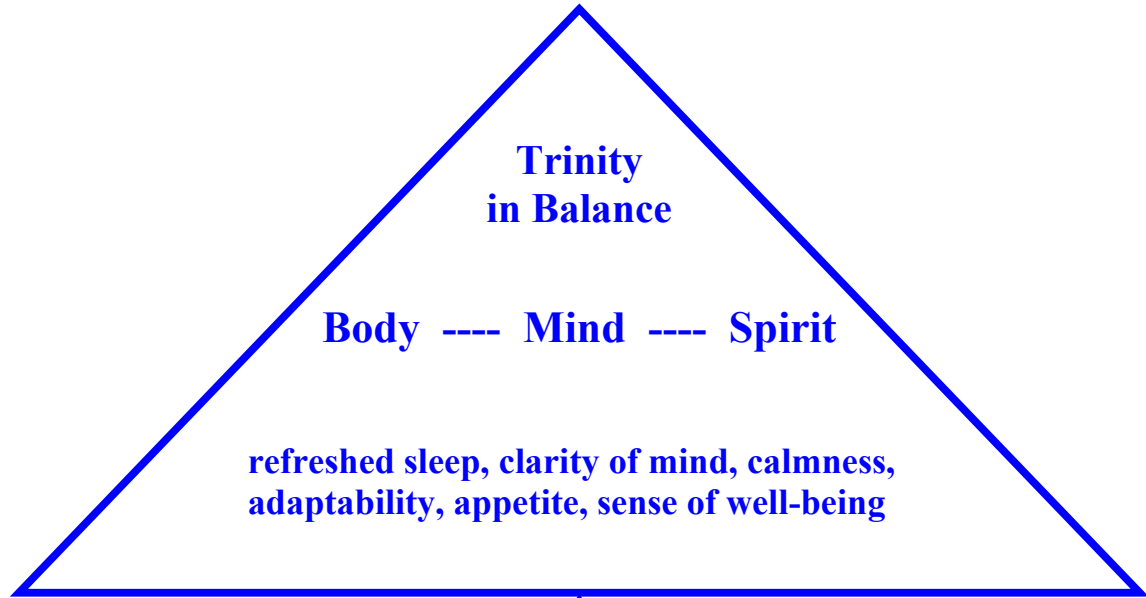


**Lyndall White
Awen Homeopathy
C/- Iamshe Pty Ltd ABN 29 067 246 986
Lot 8 Numala, 135 Curtis Rd
North Tamborine 4272 Queensland Australia**

**Mb 0419 681 150
Bs 07 5545 4488**

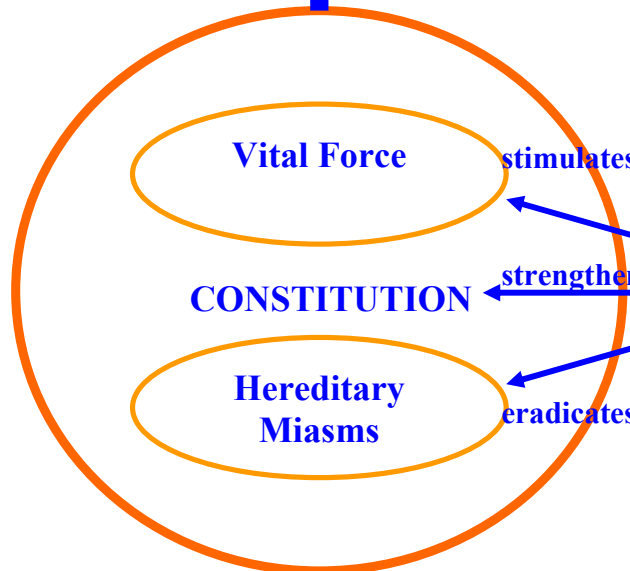
Em ontheroad@winshop.com.au

The Homeopathic Paradigm of Healing



can create

Nutritional chi
Respiratory chi
Healthy lifestyle



stimulates

strengthens

eradicates

**Action of
Homeopathic
Remedy**



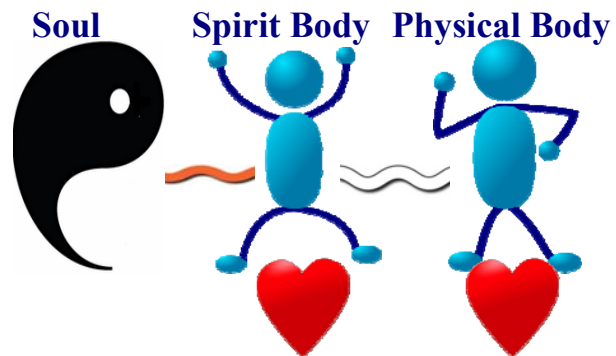
SOUL ~ **SPIRIT BODY** ~ **PHYSICAL BODY**

Our memory and intelligence are housed within our soul, our mind is housed within our spirit body, and our brain is within our physical body. Our soul animates the spirit body which in turn animates the physical body. It is the disconnection of the silver cord between the spirit body and the physical body that results in the death of the physical body. The spirit body, which looks much like the physical body, goes on living. Emotional injuries become blocked within our soul, such injuries are reflected through the spirit body and then into the physical body as illnesses.

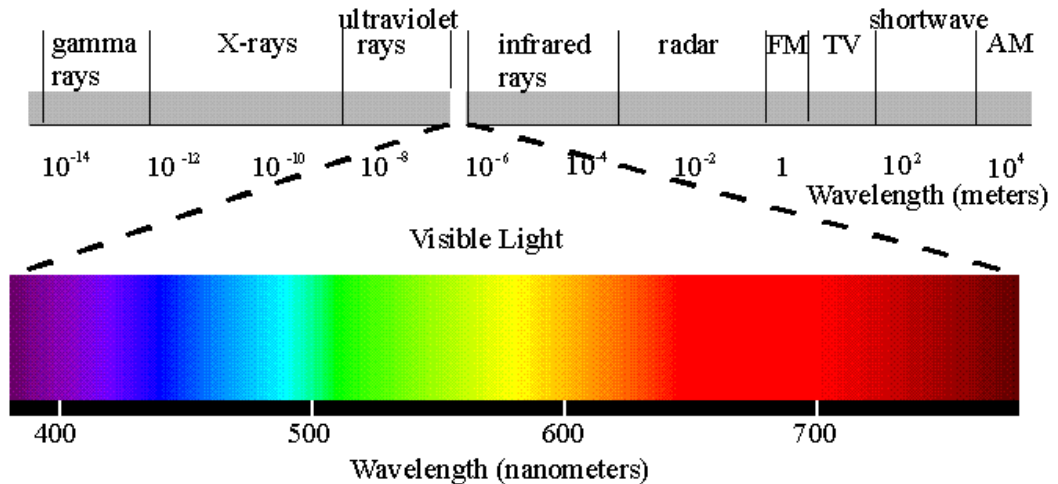
PURPOSE of ORGANS within OUR BODIES:

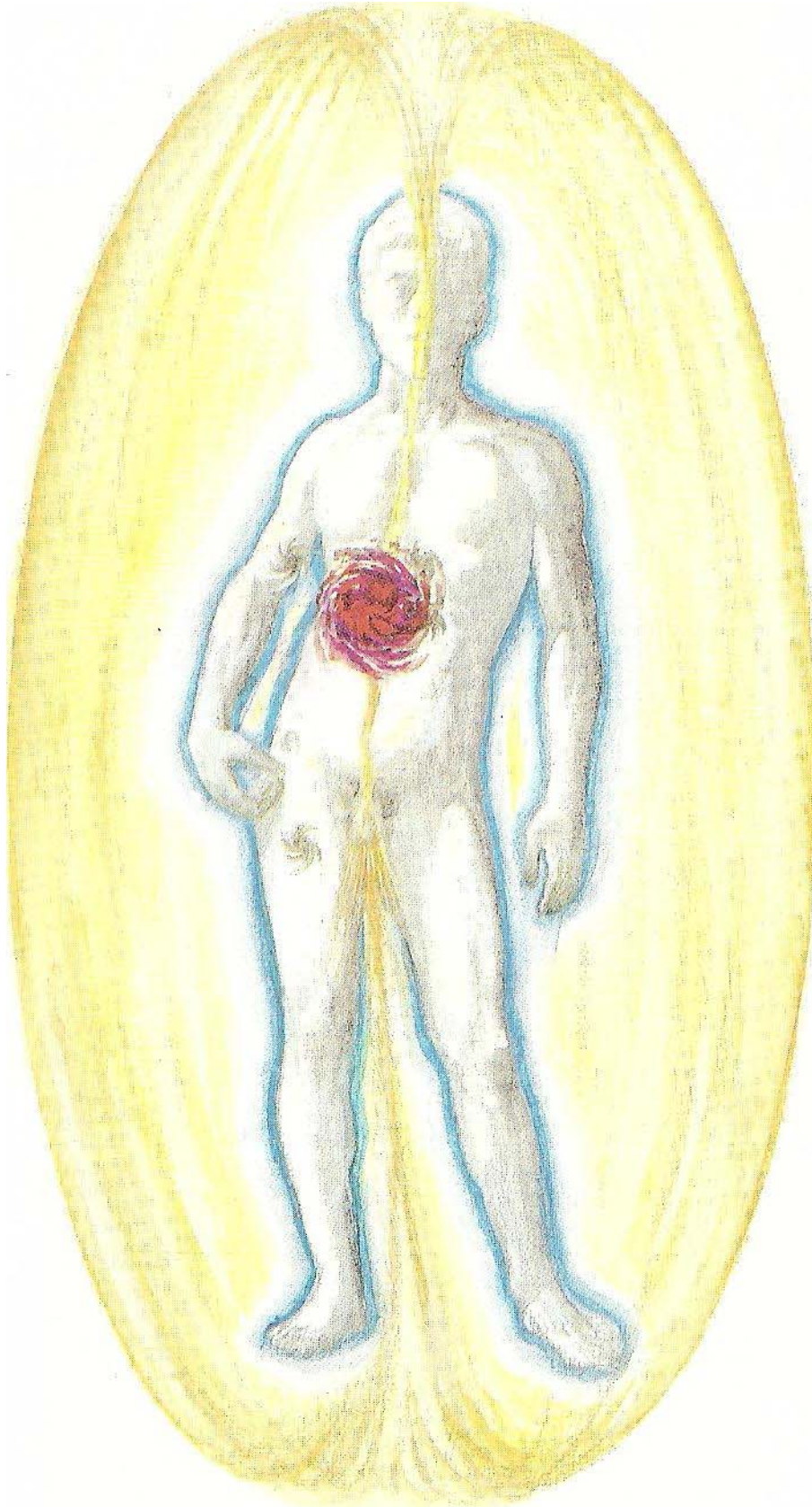
How the organs within the physical body as well as the spiritual body are dependent upon the soul. The organs all work to keep the soul connected to the body. This is to enable the soul to experience life through the body.

The rate at which the heart beats within the spirit body is much faster than within the physical body.



Visibility: Body - limited sight of colour.
 Spirit - expanded visibility.
 Soul - complete spectrum of colour.





Note the torus energy field being observed around the spirit body.

Fissures appearing in the spiritual body (etheric body) being clearly visible to a clairvoyant.

Such fissures being generated by negative emotional errors held with one's soul.

These fissures are a precursor to a physical illness emerging in the material body within a similar location as that seen in the spirit body.

**Diagrams from
Barbara A
Brennan
Hands of Light and
Light Emerging.
Figure 24-1**

Glossary of Homeopathy Terms

aggravation - a noticeable intensification of the disease symptoms previously observed. Often associated with the action of the correct homeopathic remedy. See aphorisms 157-161, 247-249, 280, 282 of the Organon.

antidote - a substance, or a remedy, that counteracts the effect of a homeopathic remedy. High temperatures are thought to antidote remedies. Mint is said to be an antidote of Natrum muriaticum. Many feel that coffee antidotes homeopathic remedies. When a person is reacting incorrectly to a homeopathic remedy, an antidote may be given to neutralize the effects.

cell salts (biochemic remedies, tissue salts) - a homeopathic physician, W.H. Schuessler, developed the Biochemic system using 12 different 'cell salts'. Schuessler felt these were fundamental to the proper function of the human body. Prepared in low potency (3x or 6x) and used based on homeopathic indications.

Centesimal - one of three potency scales used in homeopathic pharmacy. It was the first potency developed by Hahnemann. 1 part medicinal substance (dry or tincture), mixed with 99 parts diluent (lactose or alcohol), and then succussed (shaken), yields the 1c potency. Taking 1 part of that potency mixed with 99 parts diluent, then succussed, yields the 2c potency. This is continued until the desired potency is reached. A 200c has gone through this process 200 times. A 1M potency has gone through this process 1,000 times. The higher the potency, the stronger the stimulation of the vital force.

characteristic symptom - a symptom that is 'striking, strange, unusual, peculiar' in the case. Close attention is paid to characteristic symptoms as they must correspond to symptoms of the remedy if it is to cure. For example, burning pain better heat, or better lying on the painful side. See aphorism #153 of the Organon.

common symptoms - symptoms that are common to a specific disease, for example, stiff joints in arthritis, or yellow skin in jaundice.

complete symptom - etiology, location (including radiation or extension of sensation), sensation, modalities, and concomitants all together give a complete symptom.

concomitant - occurring simultaneously. Refers to symptoms that happen at the same time as the chief complaint. One of the parts of a complete symptom.

Decimal - the first experiments with the decimal scale were performed by Constantine Hering in 1833. 1 part medicinal substance (dry or tincture), mixed with 9 parts diluent (lactose or alcohol), and then succussed (shaken), yields the 1X(D) potency. Taking 1 part of that potency mixed with 9 parts diluent, then succussed, yields the 2X(D) potency. This is continued until the desired potency is reached. dynamis-life energy, vital force

etiology - the cause of disease. One of the aspects of a complete symptom.

homeopathy - system of natural medicine developed by Samuel Hahnemann. Based on the Law of Similars.

isopathy - the treatment of a disease with the identical disease agent. See Aphorism 56a of the Organon.

keynote - a unique feature or fundamental aspect of a remedy.

LM (50 millesimal, Q) - the second potency scale developed by Hahnemann, introduced in the sixth edition of the Organon. Start with a 3c triturate of a remedy. One part is placed into 500 drops liquid (400 drops water, 100 drops alcohol). One drop is placed into 100 drops of alcohol. This is succussed by hand 100 times. One drop of this mixture is used to medicate 500 #10 pellets. This is the Q1 potency (sometimes written 0/1). The Q2 is made by taking 1 of these medicated pellets, putting it into 1 drop of water, and then mixing into 100 drops of alcohol. This mixture is succussed 100 times by hand.

Today, the HPUS standard differs from Hahnemann's. The following excerpt is taken from HPUS Abstracts - General Pharmacy:

"LM (50 millesimal, Q) - the second potency scale developed by Hahnemann, introduced in the sixth edition of the Organon. Start with a 3c triturate of a remedy. **One part is placed into 500 drops liquid (4 parts water, 1 part alcohol 95% v/v). One drop is placed into 2 ml alcohol 95% v/v.** This is succussed by hand 100 times. One drop of this mixture is used to medicate 500 #10 pellets. This is the Q1 potency (sometimes written 0/1). The Q2 is made by taking 1 of these medicated pellet and **placing it into 2 ml alcohol 95% v/v.** This mixture is succussed 100 times by hand."

location - where the symptom is experienced. Location is one of the parts of a complete symptom.

materia medica - "materials of medicine" in Latin. A reference that lists the curative indications and therapeutic actions of homeopathic medicines. This information is derived from provings and clinical experience.

miasm - miasms are like echoes of the original **physical illnesses or toxic poisons** that are given to us by both our family lines or acquired during our lifetime.

modality - a condition that makes a person or their symptom better or worse. For example, better in a hot bath, abdominal pain better bending over, worse rainy weather, etc. Modalities are one of the parts of a complete symptom.

nosode - a homeopathic remedy prepared from diseased tissue or the product of disease.

Organon - The Organon of Medicine, by Samuel Hahnemann, the founder of homeopathy. This book describes the principles and practice of homeopathy. Hahnemann wrote 6 editions of the Organon from 1810-1842. The sixth edition, though finished in 1842, was not published until 1921.

potency - the strength of a homeopathic remedy. Determined by how many times the remedy has been succussed and diluted during preparation. A number and a letter are associated with the remedy name to indicate which potency scale has been used. An example of the decimal scale would be Arnica 6x. An

example of the centesimal scale would be Arnica 30c. An example of the 50 millesimal scale (LM) would be Arnica LM1. These are the 3 potency scales currently in use.

potentized - usually refers to a substance prepared according to homeopathic pharmaceutical standards. This means that it has gone through serial dilution and succussion.

proving - the most accurate method of ascertaining the action of medicines on human health. Medicines (usually potentized) are administered to healthy people to discover the symptoms they are capable of producing and thereby able to cure. See aphorisms 20, 21, 108, 121, 136, 141, 145 of the Organon.

remedy - medicine, as in homeopathic remedy.

repertorize - to repertorize a case one looks up symptoms in a repertory.

repertory - an index of the homeopathic materia medica by symptom. A list of remedies is indicated for each symptom. All modern day repertories use Kent's Repertory as their starting point.

rubric - a symptom as written in a homeopathic repertory.

sarcode - a tissue or glandular extract made into a homeopathic remedy.

sensation - the experience of a symptom, what it feels like. One of the parts of a complete symptom.


















Simillimum - the most similar remedy corresponding to a case. As such, the remedy most likely to cure.

succussion - the process of forcefully striking a homeopathic remedy against a firm surface.

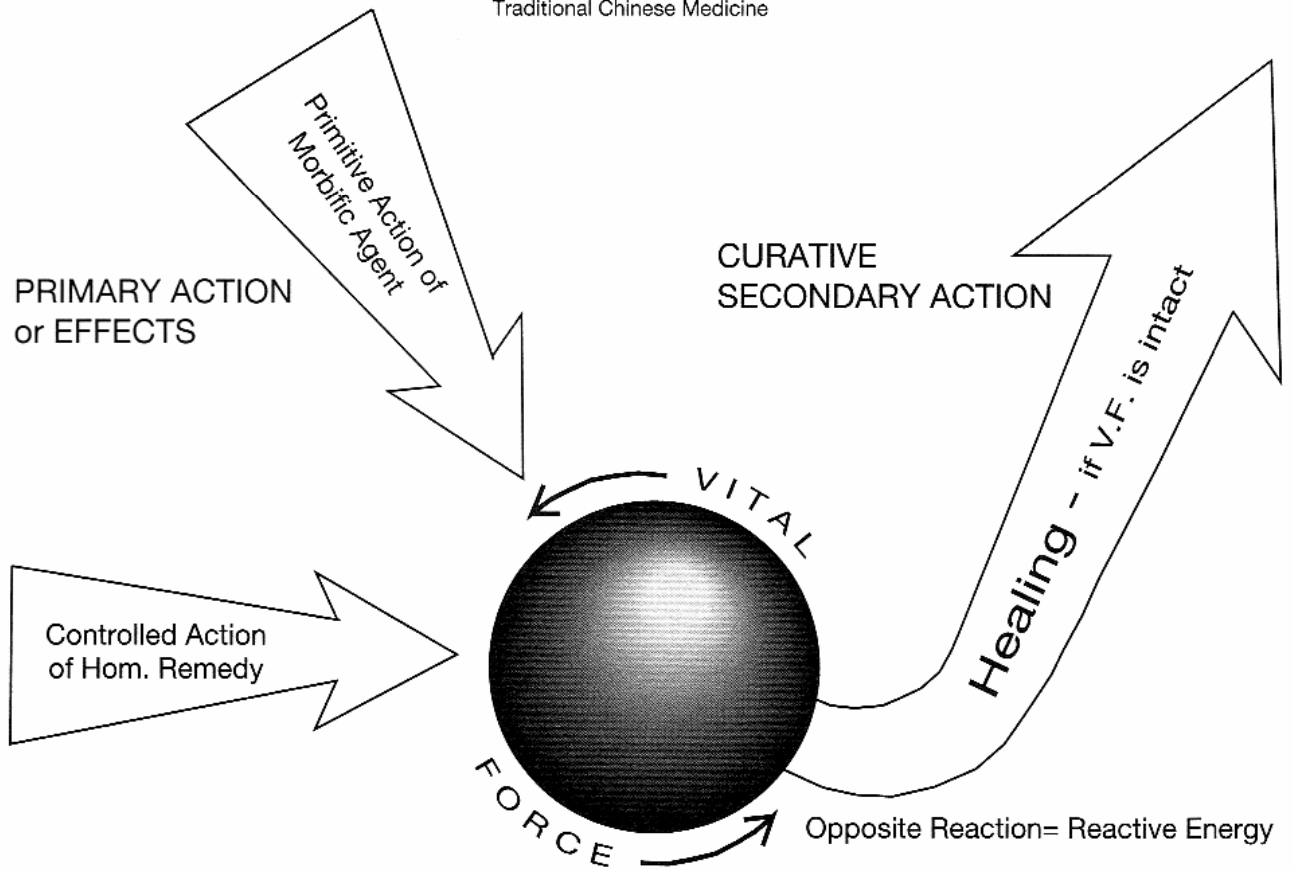
TCM - Traditional Chinese Medicine.

vital force - the energy that maintains life in the individual. See aphorisms 9-12 of the Organon.



Internal: Seven emotions	External: * Six pernicious Qi's	Not external * Not internal
 Anger  Joy  Worry  Grief  Melancholy  Fear  Terror	 Wind  Cold  Damp  Fire  Dryness  Summer heat	 Life style  Injury  Poisons  Homeopathic Remedies

* external climatic factors in Traditional Chinese Medicine



**Primary and Secondary Action
of a Homeopathic Remedy and Morbific Agents**

‘Light Body Health Sciences’, being Energy Medicine, is the next major advancement in health management:

Kinesiology is the interface between the linear and the non-linear.

LIGHT BODY HEALTH SCIENCE	Energy Calibration
Homeopathy David Little (practitioner + modality)	800
Homeopathy Rajan Sakaran (practitioner + modality)	720
Consciousness Levels Calibrations - Kinesiology	605
Clinical Kinesiology	600
Orion Healing	600
Journey Process	600
Light Body Work (practitioner + modality)	600
Homeopathy Soham Foundation (practitioner + modality)	550
TWELVE-STEP RECOVERY PROGRAMS	
Alcoholics Anonymous	540
SCIENCE CLINICAL	
Psychoanalysis (Freud)	460
Psychoanalysis (Jung)	460
Energy Medicine	460
Pharmacology	450
America’s Best Hospitals	450
Surgery	440
Internal Medicine	440
Medicine, General	440
Medicine, Holistic	440
Psychiatry	440
Acupuncture	405
Oriental Medicine	395
DBT Psychology	385
Clinical Psychology	380
Psychiatric Hospitals	355
Homeopathy General	200
Nursing Homes	200
Hospitals	180
DRUGS & ALCOHOL	
Alcohol Addiction	90
Cocaine, Heroin, Methamphetamines	6

'Light Body Health Sciences' are particularly successful when three elements line up together, these elements being:

- ✓ The patient / friend is confident that the treatment modality is efficacious. When the friend is receptive to the treatment being offered and that he/she is willing to feel into his/her underlying emotional issues which are the cause of the ailment and issues emerging within the physical body, then the potentiality for a successful treatment is greatly enhanced. The friend needs to be desirous to experience and to achieve a release of the underlying cause, that is, the erroneous emotions creating the ailment.
- ✓ The modality that is being offered as the treatment vehicle is efficacious. That can readily be determined by applying kinesiology muscle testing and calibrating the integrity of the modality as it applies to Dr David Hawkins' Map of Consciousness scale. Anything that calibrates under 200 is not efficacious, in fact it is life threatening. As the calibration reading increases up the scale, then the more efficacious it is. Modalities that calibrate over 500 are very efficacious, being love orientated.
- ✓ The consciousness or soul condition of the practitioner best be in good condition. Generally speaking, health carers generally are loving people, otherwise they would not consider this career path. That is, it is most likely that they will calibrate over 500 on the Map of Consciousness. When a practitioner is in the space above 600, they usually have a very powerful reputation resulting from their extra-ordinary successes in treating friends.

When a practitioner is distracted by earthly pressures and pursuits, it is time to remind such practitioner to pray for and ask to receive divine love. Divine Love is the only substance that changes one's soul from the human to the divine.

October 11, 1917 – George Whitefield

Book of Truths

'When a man shall receive in his soul sufficient amount of the divine love, there will come with it to that man a power and knowledge of the laws governing the relation of spirit to material organism that will enable that man to perform these same acts that are called miracles; and further, there will be some who will have that power and will demonstrate the same in confirmation of the truths that you are receiving.'

Thus, all treatment programs require a three way cooperation; patient / friend, modality, and practitioner. When these three aspects all are positively in alignment then the treatment will be wonderfully successful. If one element is not lined up, then the treatment will most likely be ineffective.

July 9, 1917 – Jesus

Book of Truths

'Well, my brother, I see that you are much better than you have been for some days past, and that you have prayed more to the Father for the inflowing of His love, and, as a consequence, have more of it in your soul, and are in a better condition spiritually and physically.'

The ultimate healing modality is asking for and receiving **Divine Love**.

HOMEOPATHY:

Homeopathy (or homeopathy) is a holistic system of medicine. It provokes healing responses to diseases by administering specially prepared substances that mimic the vibrational levels of the symptoms of those diseases in healthy people. Homeopathy treats the symptoms of a wide range of illnesses. Homeopathy is an energy based system with its foundation based on “Like Cures Like”.



Homeopathic remedies produce an artificial medicinal energy disease that is *similar and stronger* than the natural disease but is not the *same*. The artificial “disease” induced by the dynamic properties of the remedy is just slightly stronger than the natural disease and exists only on the dynamic or energetic plane, not on the chemical plane. It does not contain any molecules of the original substance which could cause side effects or adverse reactions. It strikes the vital Force in almost the exact same way the disease force does, rousing the Vital Force to react against it with a stronger counterattack than against the disease itself, because the artificial disease is slightly stronger. The vital Force has no difficulty throwing off the last removing traces of the artificial disease, because there are no molecules of the original substance remaining and the Vital Force can handle a dynamic (energy-based) disease more easily than a natural one.

Helping the body to heal itself

The word 'homeopathy' (also known as homoeopathy) is derived from the Greek words *homoios*, meaning 'similar', and *pathos* meaning 'suffering'. Homeopaths treat patients with specially prepared substances that mimic the symptoms of those diseases in healthy people. Homeopaths have observed that this strengthens the ability of the body to heal itself.

Law of similars

The cornerstone of homeopathic philosophy is the 'law of similars'. This law or principle is based on a long-held understanding (first put forward by ancient healers like Paracelsus) that substances that produce symptoms in a healthy individual can be used to treat similar symptoms in a sick person. Modern homeopathy was founded in the 18th century by a German physician, Dr Samuel Hahnemann (1755 – 1843).

An example of this principle is coffee. Coffee can aggravate some people who are sensitive to its stimulating effects. These people may experience increased mental and physical alertness, along with an exaggerated response to stimuli. People who present at a homeopathic clinic with symptoms of insomnia, headache, irritability and an over stimulated nervous system may be prescribed a dose of *Coffea cruda*, prepared according to homeopathic principles. Practitioners understand that this will settle the symptoms of insomnia in such people.

Treating the whole person

Homeopathy aims to treat the whole person, taking into account personality, lifestyle and hereditary factors as well as the history of the disease. Since all patients are unique, homeopathic medicines are prescribed to treat patients as individuals. For example, headaches in different patients would each be

treated with different medicines, according to the patient's individual symptoms. Homeopathy treats the symptoms of a wide range of chronic and acute illnesses including, for example:

- Allergies
- Asthma
- Eczema
- Hayfever
- Headaches
- Respiratory infections
- Stress
- In fact anything and everything!!!

Homeopathic medicines are controlled by a government authority within Australia

Homeopathic medicines are made from a variety of sources, such as plants, animals and minerals. They are prepared according to strict guidelines set out in international pharmacopoeias and, in Australia, are under the control of the Therapeutic Goods Administration (TGA).

Many homeopathic preparations are exempt from the requirement to be in the Australian Register of Therapeutic Goods and some may be exempt from the TGA goods manufacturing practice (GMP) requirements. Homeopathic medicines are considered safe and free from serious adverse reactions.

Very small doses are used

The preparation of homeopathic medicines consists of repeated dilution and shaking called 'potentisation'. This process renders the remedies capable of stimulating the body's natural healing forces. After the 12th dilution, there is no discernible chemical trace of the original substance left in the medicine.

Scientists question how this highly diluted substance could retain a biological effect, but homeopaths understand that the preparation retains the energy qualities of the original substance. The energy vibrations and not the chemical constituents that is the contributor to the healing process. By way of succession (bumping the vial) excites further the energy and potency further upon each dilution.

Treatments and precautions

Homeopathic medicines can be in the form of liquid, granules, powder or tablets. Your practitioner might also advise general lifestyle and dietary changes as part of a treatment plan.

Sometimes symptoms may temporarily get worse before they get better. This 'aggravation' of symptoms can be part of the homeopathic treatment. However, you should tell your homeopath should you have these reactions. Your homeopath may refer you to a doctor or other healthcare practitioner if necessary.

Choose a qualified and registered practitioner

If you want to use homeopathic treatment, you should consult a registered practitioner. In Australia, the Australian Register of Homoeopaths (AROH) is the independent national registration board for

professional homeopaths. Practitioners registered with AROH are recognised by all the major health insurance funds for rebates on ancillary benefit tables.

Practitioners are registered according to government-endorsed standards embodied in the government's *Health Training Package* (HLT02), which is the basis for recognised professional training for homeopaths in Australia. It is important to note that naturopaths are not homeopaths. Naturopathic training does not meet the government standards for homeopathy, although some naturopaths have undertaken additional studies to meet these requirements.

Tell your doctor or homeopath about your medications

You should tell your doctor if you are planning to start a course of homeopathic treatment for your condition. Never stop taking conventional drugs without the knowledge and approval of your doctor. You must also tell your homeopath what conventional drugs you are taking.

Homeopathic medicines are not vaccines

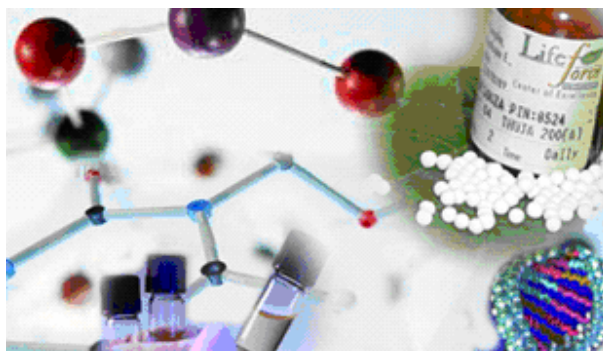
There are no such things as 'homeopathic vaccines'. Vaccination, a well understood medical term, relies on the body forming antibodies to a particular germ. Homeopathic medicines do not rely on antibody formation. Registered homeopaths encourage their patients to exercise their right to make informed decisions on disease prevention, and to seek advice based on balanced information gathered from a broad range of sources.

Where to get help

- Registered homeopathic practitioner.
- Australian Homoeopathic Association.
- Australian Register of Homoeopaths.
- Your doctor.

Things to remember

- Homeopathy is a holistic system of medicine based on the theory of treating 'like with like'.
- Homeopathy provokes healing responses to diseases by administering substances that mimic the symptoms of those diseases in healthy people.
- Symptoms are interpreted as a sign that the body is fighting against disease.
- Make sure you seek the services of a registered homeopath.



RATIONALE for VIBRATIONAL MEDICINES – HOMEOPATHY:

P.139 Energy Medicine by James L Oschman

Diseases and disorders alter the electromagnetic properties of molecules, cells, tissues, and organs. In addition to the familiar regulatory systems studied by physiologists, the human body contains an electromagnetic control network. Ancient methods such as acupuncture recognise, understand and treat via these systems. Modern research is determining their biophysical mechanisms and electromagnetic ‘languages’.

Vibration medicines such as homeopathy demonstrate that similar or even better results can be obtained by providing the electromagnetic fingerprint or signature of a natural substance (Smith 1994). ‘Energetic pharmacology’ distinguishes this approach from conventional chemical pharmacology.

A substance, or its electromagnetic signature, challenges the defence and repair systems to respond, without the side-effects of pharmacological interventions. In some cases an imbalanced system is restored by introducing a signal that cancels a discordant or pathological frequency that is disturbing the body.

In bodywork and movement therapies, the emanations from a therapist’s own tissues can provide electromagnetic information that opens or augments vital communications in a patient’s tissues. Light and sound therapists apply energies of particular frequencies to appropriate points on the body (e.g. ‘colourpuncture’, Mandel 1986).

The human body emits vibratory information that precisely specifies the activities taking place within.

Homeopathy and other vibrational medicines take advantage of the water system and its great sensitivity to electromagnetic fields. Perhaps the troubling ‘artifact’ of water absorption actually explains how homeopathic dilutions and the body’s water system absorb information from a substance. **‘Water memory’ does not violate any laws of physics or nature. It simply means that our understanding of water is incomplete.**

In homeopathy, molecular signatures are transferred from a biologically active molecule to the water in which it is dissolved. This happens when the homeopathic physician ‘succusses’ the sample. Succussion is a method of vibrating or sending a shock wave through a solution. **Dissolved molecules are made to vibrate intensely and coherently, and they therefore emit their electromagnetic signatures (emission spectrum).**

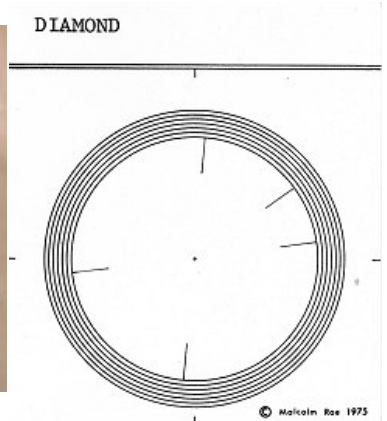
One plausible mechanism for water memory storage, published by Smith (1985), is that hydrogen bonds hold water molecules together in a helical structure that acts like a coil. The magnetic components of fields emitted by the vibrating molecules induce current flows through the water helix. These currents reverberate within the water structure, much like the ringing of a tuning fork.

Even when the sample has been diluted to the point that the original molecule is gone, the signals stored in the water continue to vibrate for a long time. Upon further dilution and succussion, the reverberating signals transfer to other water molecules used to dilute the sample.

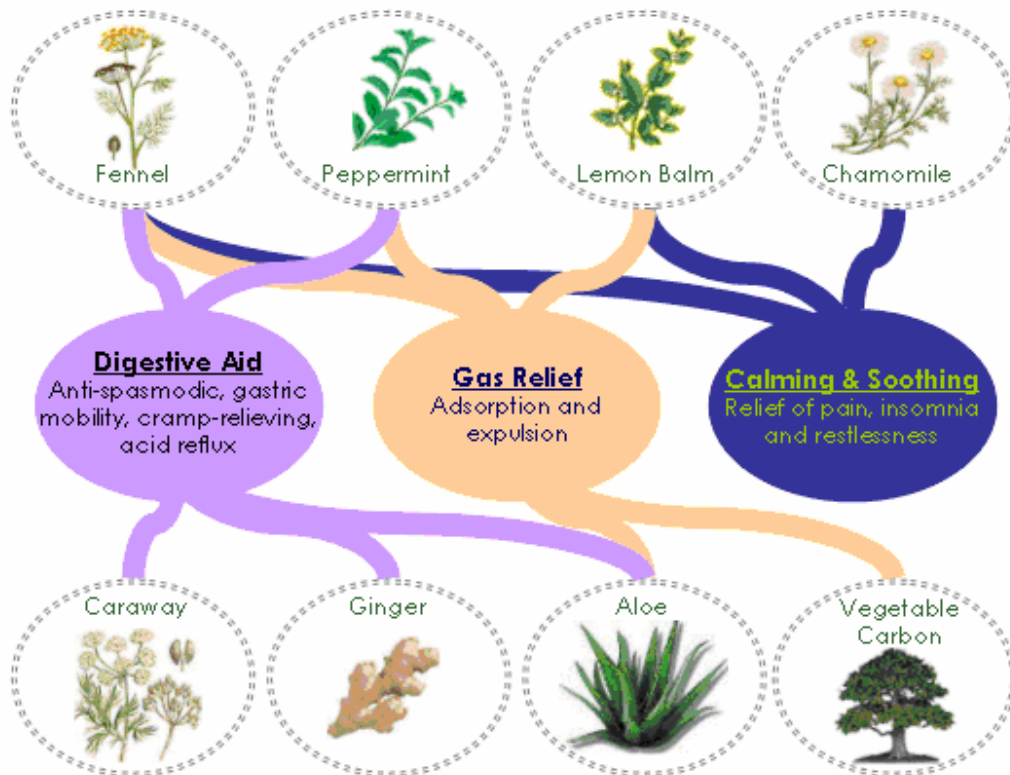
The ability of atomic systems to recall coherent electromagnetic pulses is known to physicists (Brewer & Hahn 1984). Several independent reports document storage of information by water (e.g Trincher 1980).

Homeopathy introduces into the body the healing vibration that is necessary to rectify the imbalance and restore harmony.

Malcolm Rae has recorded the vibrational levels of some 3,000 remedies on cards which enables the accurate delivery via a Potency Simulator as shown here.



Colic Calm – Homeopathic Treatment Chart



HOMEOPATHY EVOLVUTION:

Homeopathy is evolving and advancing daily, under the impetus and thanks to the work of thousands of doctors, scientists, academics and laboratories that constantly push the limits of their knowledge in order to improve the efficacy of these drugs.

What is homeopathy ?

Homeopathy is a branch of medical therapeutics. It is a therapeutic method based on the prescription of drugs derived from the pharmacological principle of analogy, generally used with small or infinitesimal doses.

At the heart of Homeopathy is the idea of vibrational healing. Homeopathy recognises that we are energetic beings and that illness and disease can be detected and healed on this level. The homeopathic remedies have long been doubted by western clinicians because the western doctors believe that the microscopic doses supplied by the remedies are insufficient to produce any reaction, however, it is the enhanced vibrational signature that is transferred.

This has not stopped many people relying on homeopathic medicine, nor prevented the system from being extremely efficacious for children and for animals - none of whom are likely to have been influenced by expectation.



Homeopathic remedies work because the vibration or the imprint of the original (and then tremendously refined) herbal substance produces a cure. Another way of saying this is **that the vibration of the appropriate medication works with your own energetic potential to achieve healing.**

If you prefer a simplified version - Homeopathy offers the best option of all medications that we ingest. The length of time you need to take the remedies will depend on your condition. If you choose to self treat (this is not recommended – there are more than 3,000 remedies), then the homeopathic remedies all come with directions for use on the bottle. The best thing about homeopathic remedies is that no matter whether it works for you or not, there are NO side effects

The principle of analogy as a starting point

Already formulated by Hippocrates, the principle of analogy establishes a link between the therapeutic action of a substance and its toxicological power.

It consists of administering a medicinal substance that, with high doses in the healthy individual, by intoxication, may provoke a set of symptoms similar to those that he presents in his illness.

This method is also the basis of the principle of vaccination, the fruit of observations by Edward Jenner in 1796, the year that Samuel Hahnemann published his research on the principles of medicinal drugs and developed his therapeutic approach.

The infinitesimal: a scientific challenge

By applying the principle of analogy, homeopathy uses the therapeutic effects of substances by attenuating their toxicity through the use of very small doses right until the “infinitesimal” level.

Experience has shown that, in spite of the very high dilution of the active ingredient, the therapeutic effect remains. Although progress is made every day, the state of science still does not allow us to account for the mode of action of infinitesimal dilutions.

Homeopathy confirms that substances diluted beyond the known limits of matter possess the detectable, measurable, reproducible and specific biological or physical activity of the diluted substance even though there isn't the slightest trace of the substance. A great many hypotheses have been put forward to check this postulate. However, the infinitesimal remains a scientific challenge.



The homeopathic approach

Homeopathy is a scientific and human therapeutic method, as much open to scientific and technical progress as to the listening to the patient. It privileges prevention.

Only one medicine exists, the one that combines scientific knowledge with careful listening and observation of the patient in his specificity. Holistic medicine has to individualise each patient, not only homeopathy.

The doctor should not a priori choose a certain treatment or a certain therapeutic method but should take into account, each time and in each case, the state of his knowledge about each treatment and the specificity of the patient.

The choice of a homeopathic drug involves much more thorough individualisation than that of an antibiotic, for example. Once the diagnosis of the disease is made, once homeopathy is chosen as the treatment, the doctor has to search for the drug or drugs that specifically correspond to his patient in this disease. Each individual develops "his own" flu, "his own" sore throat, "his own" eczema, that is, he will develop symptoms and modalities that are personal and that the doctor has to take into account in order to be able to choose a specific homeopathic drug.



It is also true that the same homeopathic drugs are systematically used for certain symptoms or diseases, well beyond any principle of individualisation.

Homeopathy was founded by the German physician Samuel Hahnemann (1755-1843). He enunciated what remain today the guiding principles of homeopathic medicine, the foremost of which is the Law of Similars: if a large amount of medicine produces a given symptom, then a small amount of the medicine will stimulate the body to combat that symptom. This isn't a completely crazy concept; modern vaccines use the same basic idea. The twist with homeopathic medicines is that they reverse the usual understanding of dose effectiveness. Mainstream science holds that, generally speaking, the potency of a drug increases with the dose. Homeopathy--in particular, the Law of Infinitesimals--says the medicine's effectiveness *decreases* with the dose. The less you use, the better it works! Which would lead one to conclude that it works best if you don't use any at all.

Homeopaths don't say that, of course, but it's the practical impact of the fantastic dilutions they employ. Two scales are used, X and C. A 1X solution means the original medicine (the "mother tincture") was diluted with water, alcohol, or whatever to one part in ten, or 1/10; 2X is 1/100; 3X is 1/1,000; etc. A 1C solution is 1/100, 2C is 1/10,000, 3C is 1/1,000,000, and so on. Most homeopathic remedies range from 6X to 30X. At 30X, chances are that a given dose of the medicine doesn't contain a single molecule of the original, but some dilutions go a lot higher than that. There has been one cold remedy with a dilution of 200C, which mathematically is less than one molecule per all the known matter in the universe.

How, then, can homeopathy possibly work? Apologists fall back on far-fetched explanations involving energy and vibrations and so on. A key step in the manufacture of homeopathic medicines is "succussion," in which the mixture is vigorously shaken at each stage of the dilution process. This miraculously unlocks the healing power of the medicinal substance.

How Do Homeopathic Remedies Work?

Many of the homeopathic remedies are so diluted that according to the known laws of physics and chemistry, they couldn't possibly have any effect. Once you get beyond a certain point - 24x or 12c - there is probably not even one single molecule of the original active substance remaining. This fact is often pointed to by critics of homeopathy as they dismiss the effect of homeopathy as merely due to placebo effect.

And yet, according to homeopathic doctrine and experience, the more diluted the solution, the more potent it is. Homeopaths contend that the remedies work and they see no reason to stop using them simply because we do not understand how they work. They often argue that pharmacologists cannot explain exactly how most conventional drugs work. For example, even aspirin is not fully understood in terms of how it works, but physicians have no difficulty in recommending its use.



Over the years several theories have been proposed to explain the action on homeopathic potentization.

Hormesis

The effects of microdoses have been known for a long time, and there are a number of examples that support the idea that very diluted concentrations of a substance will have a measurable and sometimes profound effect. Scientists call this phenomenon: hormesis.

Scientists from Michigan State University have shown how hormesis work in nature. They used microdoses of a fertilizer to stimulate crop production. In a dose equivalent to a 9x dilution, the fertilizer increased tomato yield by 30 percent, carrots were 21 percent bigger, and corn yield increased by 25 percent.

Our own bodies secrete minute amounts of hormones that have powerful effects. Thyroid hormone is present in our blood at only 1 part per 10 billion-yet this is enough to regulate the rate of our entire metabolism. Many animal studies show that low doses of some substances elicit a beneficial response while high doses are harmful. This phenomenon has been documented to occur with radiation, antibiotics, and heavy metals.

Pheromones

Pheromones are powerful aromatic hormone-like substances that creatures secrete to attract one another. One molecule of moth pheromone is so potent, it will attract another moth from miles away and trigger a cascade of physical reactions. Though well documented, the exact mechanism for pheromones remains unknown.

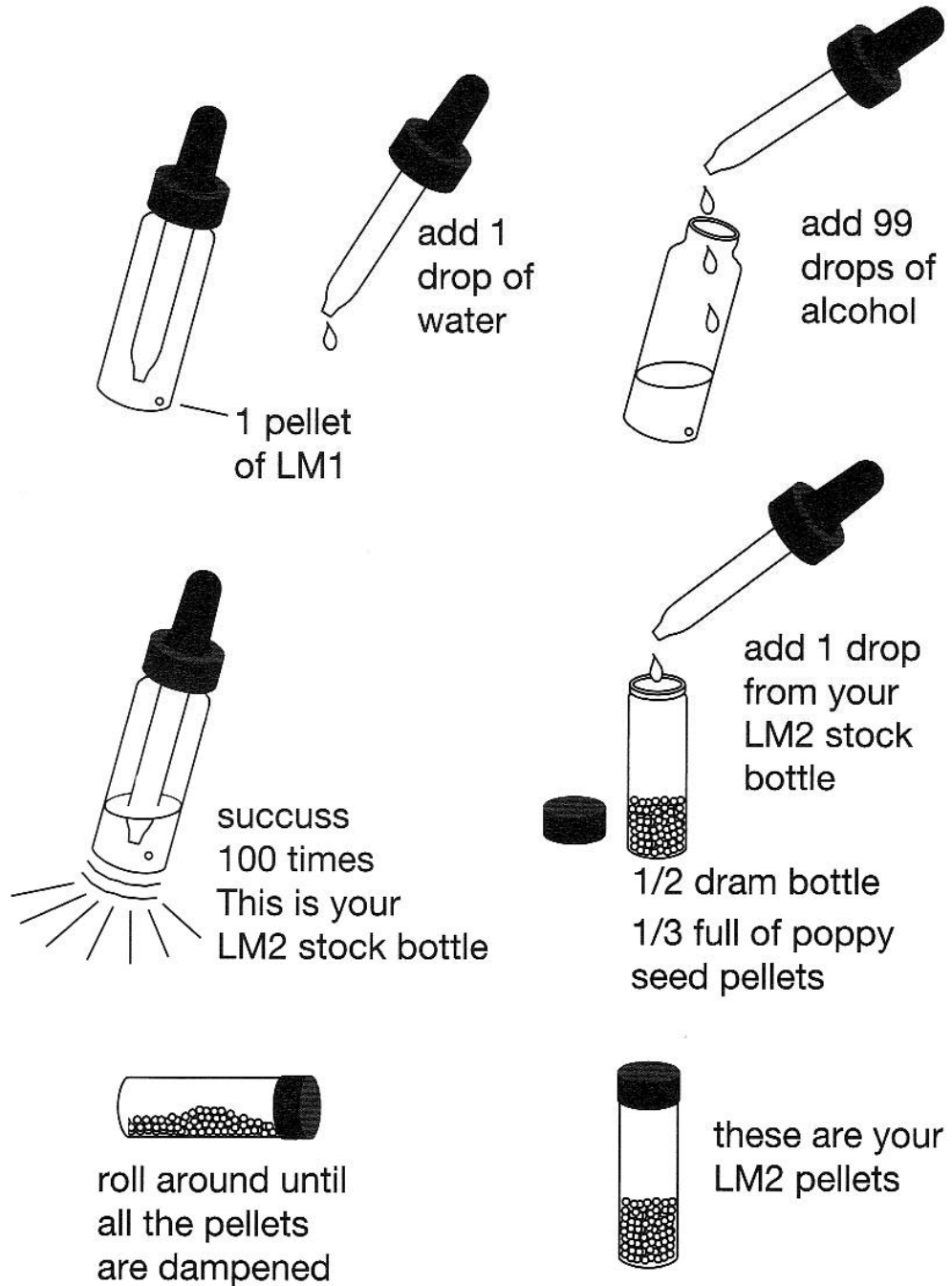
Homeopathic Remedies Work in Spiritual / Energy Plane and Not in Physical Plane

Homeopathic remedies are believed to work in the spiritual plane as opposed to the physical plane as we are used to think and measure. Hahnemann believed that dilution and succussion released a spirit-like power that worked on the spiritual level of the vital force in humans. We are familiar with the formerly invisible, immeasurable, unknowable energy forms, such as electromagnetic radiation and subatomic particles. Magnets exerted their force long before science could explain the mechanism. Physicists are still trying to explain gravity and the nature of matter, still discovering phenomena such as the "strong force" and the "weak force."

Homeopathy is an energy medicine, as are acupuncture and therapeutic touch. Homeopaths believe that although the physical molecules of the original substance may be gone, dilution and succussion leaves something behind-an imprint of its essence, or its energy pattern-that gives it a kind of healing charge. Potentization does not occur if you simply dilute the substance, even if you dilute it repeatedly. Nor does it occur if you only shake the substance vigorously. There is something about each process that builds sequentially upon the other, causing the power to be retained and progressively intensified.

But how does the information in such a minute amount of substance get transferred to the body? Some theorists suggest the repeated succussion creates an electrochemical pattern that is stored in the water carrier and then spreads like liquid crystallization through the body's own water; others say the dilution process triggers an electromagnetic imprinting that directly affects the electro-magnetic field of the body. This concept is used in other therapies also. For example, Ayurveda suggests taking water that has been potentiated by precious metals such as gold. The water is believed to possess curative power as a result

of coming in contact with gold and other gemstones although no molecular transfer takes place. The healing power of crystals and magnets are believed to come from their effect on the energy pattern or vibration frequency. So, the suggestion of the homeopathic remedies as working on the energy plane may not be as far fetched as we may think at the first glance.



Making LM2

Homeopathic Remedies Activate the Vital Force

Homeopaths believe that it is the energy or "vibrational pattern" of the remedy, rather than the chemical content, that stimulates the healing by activating what Hahnemann called the Vital force. Vital force is the healing power or energy that exists within us all. It is called by the name Chi by Chinese and Prana by Indian Ayurveda. The vital force fuels the mind, body, emotions and mind. It keeps us healthy and balanced. When the balance of the vital force is disturbed by factors such as stress, pollution, improper diet and lack of exercise, it becomes weakened resulting in the person getting sick. (For a description of the Chinese philosophy of the vital force, please refer to the section on Acupuncture. For the Ayurvedic concept of the vital force, please read the corresponding section of the Ayurveda.)

Scientists who accept the potential benefits of homeopathic theory suggest several theories to explain how highly diluted homeopathic medicines may act. Using recent developments in quantum physics, they have proposed that electromagnetic energy in the medicines may interact with the body on some level.

Researchers in physical chemistry have proposed the "memory of water" theory, whereby the structure of the water-alcohol solution is altered by the medicine during the process of dilution and retains this structure even after none of the actual substance remains.

Which Problems Respond Well to Homeopathic Treatment?

Ailments such as colds, constipation, vomiting, and diarrhoea respond well to homeopathic treatment. It can help in the treatment of rheumatoid arthritis, fibrositis and psoriasis. Homeopathy also helps in the emotional, mental or physical complaints. For example, there is a remedy available to help people to stop smoking.

The following are a list of conditions for which Homeopathy has a known remedy:

Abdominal Pain and Indigestion

Acne

Allergies: Contact Dermatitis {Skin Rash}, Eczema, Hives, Upper-Respiratory- Tract Allergy {Hay Fever}

Anxiety and Fear

Asthma: Allergic, Reactive, Psychogenic

Back and Neck Problems: Stiff Neck, Lower Back Pain, Sacroiliac Sprain, Coccyx Injury, Sciatica

Bedwetting {Enuresis}

Bladder Infections {Cystitis} Boils

Canker Sores and Cold Sores

Chicken Pox

Colds

Conjunctivitis {Eye Inflammation or Pinkeye}

Constipation

Coughs

Diaper Rash

Diarrhoea

Earaches: Otitis Media, Otitis Externa

Fever
 Flu
 Food Poisoning
 German Measles
 Grief and Sadness
 Headaches: Muscle Contraction (Tension) Headache, Vascular {Migraine} Headache, Other Headaches
 Haemorrhoids
 Hepatitis
 Herpes Simplex
 Herpes Zoster {Shingles}
 Impetigo
 Insomnia
 Irritability and Anger
 Laryngitis
 Measles
 Menstrual Cramps and Premenstrual Syndrome (PMS)
 Mononucleosis
 Motion Sickness
 Mumps
 Nausea
 Neck Pain
 Poison Oak or Ivy
 Prostatitis
 Ringworm and Other Related Fungal Infections
 Sciatica
 Sexually Transmitted Diseases
 Sinus Problems (Sinusitis)
 Sore Throats: Noninfectious, Viral, and Strep
 Styes
 Teething
 Thrush
 Urethritis
 Vaginitis: Yeast Infections, Bacterial Infections, Trichomonas Infections, and Noninfectious Vaginitis
 Vomiting
 Warts

Homeopaths with five years of core studies and twenty years of subsequent experience confidently support the understanding that homeopathy can assist a patient in **any** illness event.

Clinical Studies:

Homeopaths point to the nearly two hundred years of clinical experience of convinced doctors and satisfied patients. Homeopathic remedies are believed to be effective in treating a wide variety of illnesses: infectious diseases such as flu and colds; chronic conditions such as allergies, asthma, migraines, and PMS. Conventional medicine has not had much of success in treating many of these conditions.

Several clinical studies exist that show the effectiveness of homeopathic remedies. Many of these studies employed double blind studies, accepted by scientists. Recent clinical trials suggest that homeopathic medicines have a positive effect on allergic rhinitis, asthma, treatment of dermatological complaints, fibrositis, influenza, and for the treatment of migraine.

In 1994, the first study that involved homeopathy was published in a peer-reviewed American scientific journal. Jennifer Jacobs, M.D., led the study, which was conducted in Nicaragua and included eighty-one children with acute diarrhoea. All the children received standard antidehydration treatment for diarrhoea, consisting of water containing salt and sugar. In addition, half the children received homeopathic treatment and half received a placebo. The study confirmed homeopathy's effectiveness: the recovery time for children receiving homeopathic treatment was 20 percent faster than those receiving the placebo, reducing the bout of diarrhoea by one day. These results are heartening because diarrhoea is the leading cause of death in developing countries such as Nicaragua.

In 1991, the British Medical Journal published an analysis of 107 clinical studies published between 1966 and 1990. The authors found that in 81 of the experiments, the homeopathic treatments were successful. Even when they included only the 23 studies that they considered to be of the highest quality, the vast majority of these (15) showed positive results. Here's how the results broke down: 13 out of the 19 trials of respiratory infection treatment were effective, 6 out of 7 were positive for other infections, 5 out of 7 were positive for digestive system treatment, 5 out of 5 were successful for hay fever, 5 out of 7 showed accelerated recovery after surgery, 4 out of 6 helped in rheumatological disease, 18 of 20 were beneficial for pain or traumatic injury; and 8 out of 10 worked for mental or psychological problems.

In one study published in Lancet by Dr. David Taylor Reilly and his colleagues compared the effects of a homeopathic hay-fever remedy with a placebo. In this double-blind controlled study, Dr. Reilly found that those who received the homeopathic remedy had six times fewer symptoms and were able to cut their use of antihistamines in half.

Another study published in 1989 in the British Medical Journal dealt with fibromyalgia. The double-blind, controlled trial was also "crossed over," meaning the treatment lots were switched after one month so the subjects could be compared, not only with each other, but also with themselves. The results were evaluated by a rheumatology professional who was not a homeopath. The study found that the homeopathic remedy provided highly statistically significant improvement in both subjective and objective symptoms.

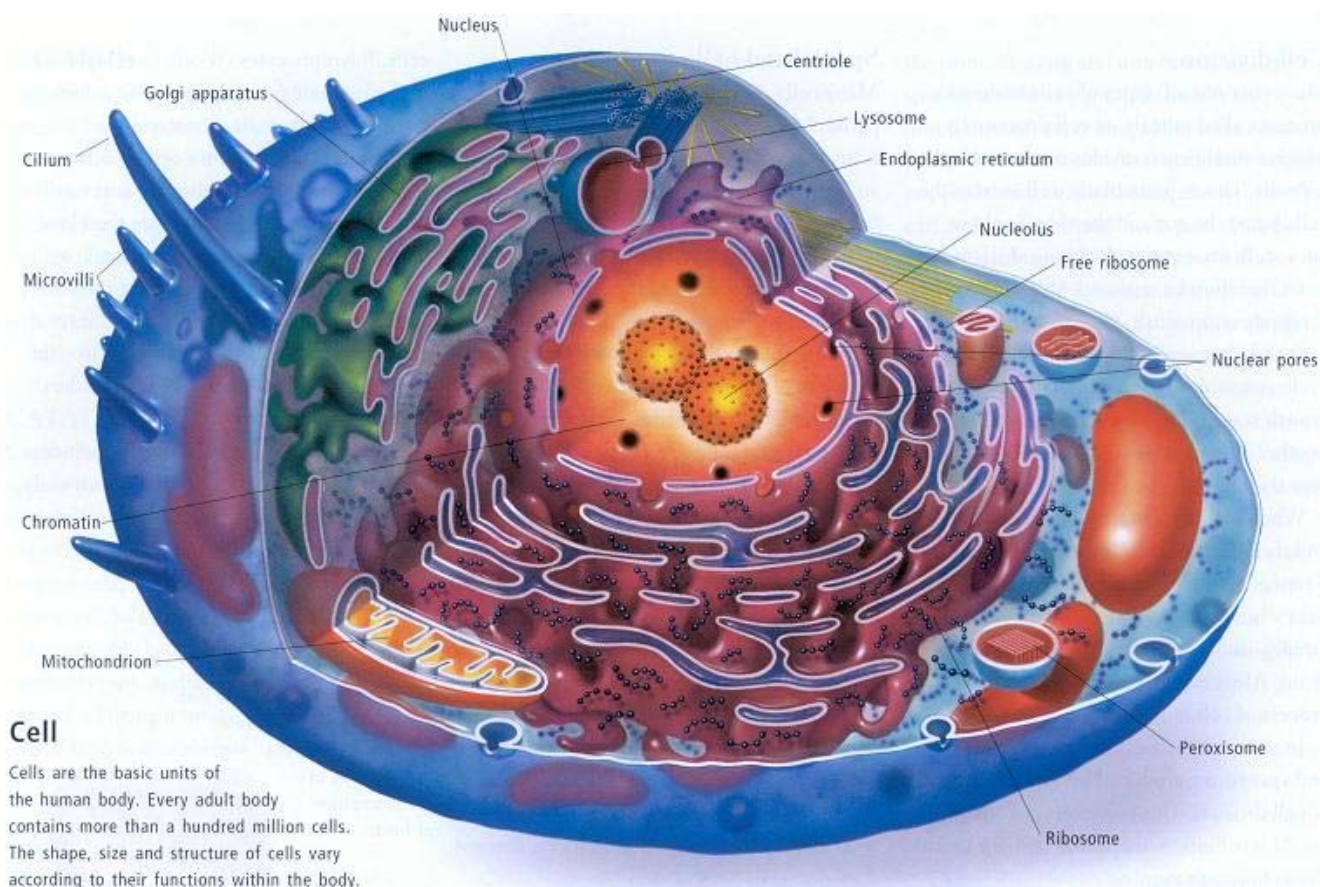
In a double-blind controlled study conducted in Britain in 1980, 82 percent of those receiving the homeopathic remedy enjoyed improvements in rheumatoid arthritis versus 21 percent of the control group on placebo. The subjects in this study received remedies that were individually prescribed.

Other significant positive studies show homeopathy helps in pain following tooth extraction (76 percent versus 40 percent for a placebo}; reduces vertigo and nausea; reduces labour time in pregnant women (5.1 hours versus 8.5 hours}; and reduces risk of abnormal labour (11.3 percent versus 40 percent).

Two double-blind studies compared Quietude, a combination of homeopathically prepared plant extracts that has been very popular in France, with diazepam (Valium). The subjects were adults and children who were nervous and suffered from sleeplessness. The results showed that the homeopathic product increased

sleep time, reduced interruptions during sleep, and reduced nervousness. Both products relieved insomnia and minor nervous tension 63 percent of the time. However, the homeopathic remedy produced no side effects: there was no daytime dizziness, as opposed to 13 percent of the diazepam group. Homeopathic remedy group suffered no daytime drowsiness, but 53 percent of the diazepam group felt drowsy. In addition, Quietude was better at reducing children's nightmares, and 74 percent of the Quietude patients said the product was better than other treatments, as opposed to 48 percent of the diazepam group who felt this way.

A study, conducted in 1985, found that patients who took the homeopathic product Oscillocochinum, derived from duck heart and liver, experienced reduction in their fever much rapidly (in two days) than those who took placebo. Shivering disappeared by day four. In another controlled study, published in 1989 in the British Journal of Clinical Pharmacology, 66 percent more of the Oscillocochinum group recovered within forty-eight hours as compared to the placebo group.



Clinical studies show the effectiveness of homeopathic remedies in treating infectious diseases. In a French study published in 1987, silica, prepared homeopathically to the 10c potency, stimulated macrophage activity by nearly 70 percent. Macrophages are white cells belonging to the immune defense system that destroy harmful cells and microorganisms. Homeopathic remedies were also shown to be effective in correcting immunological disorders in mice. In other studies, eight out of ten homeopathic remedies tested were able to inhibit the growth of viruses (in chicken embryos) by 50 to 100 percent.

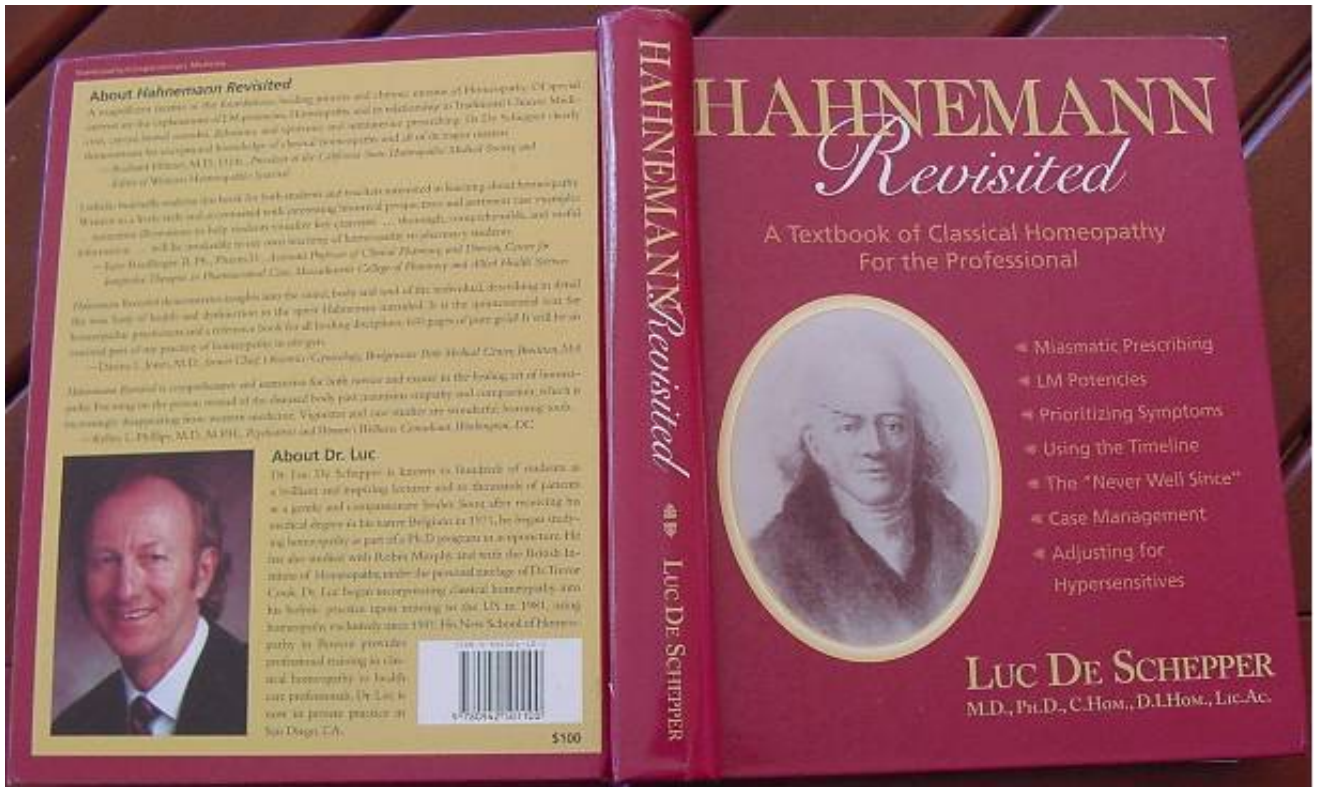
Other studies show the usefulness of homeopathic remedies in treating diabetes. A 1992 study examined sixty people with retinal problems due to diabetes. In approximately half of the patients taking the homeopathic remedy (Arnica), the eye condition improved; only 1 percent of the subjects receiving placebo improved a like amount. The subjects were evaluated using objective measuring instruments, indicating that homeopathy may prove valuable in helping this group of diabetics preserve their sight.

Conventional physicians often belittle homeopathic remedies and their effectiveness to placebo effect. However, several studies on animals and infants show that homeopathic remedies do work. Obviously, animals and infants are less likely to be influenced by placebo. In Germany, poultry farmers are treating their hens with homeopathic remedies instead of antibiotics for coughs, colds, and digestive problems. Farmers also treat their cats, dogs, horses, cattle, and birds homeopathically.

Other animal studies add to the evidence. A 3x potency of Chelidonium lowered cholesterol in rabbits by 25 percent. Microdoses of Arsenicum (10x up to 30x; and 5c up to 15c) helped rats eliminate toxic doses of arsenic from their systems, a study that has important implications for humans who are increasingly exposed to many heavy metals in the environment. And pigs given Caulophyllum had half as many stillbirths as those who received a placebo.

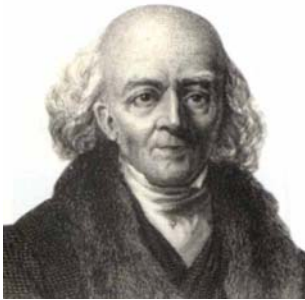
Homeopaths have been reporting good results when treating infants for common health problems such as teething, colic, eczema, and fever.





Time line:

Sameul Hahneman (1755 – 1843) was married to Johanna Hahneman (died 1830)



Samuel Hahneman now ‘instructs’ David Little

David Little lives in the Himalayan foothills in India and practices as a homeopath.



Johanna Hahneman now possibly ‘instructs’ Dr Luc De Schepper

Within the lead in pages of this book, Dr Luc De Schepper makes reference to David Little’s Internet School on homeopathy!

Dr. Luc De Schepper - Homeopath
P.O. Box 31025 Santa Fe, NM 87594
or Email: drluc@cybermesa.com
or Telephone: 505-092-9273



Messages from Water

After seeing water react to different environmental conditions, pollution and music, Mr Masaru Emoto and colleagues decided to see how thoughts and words affected the formation of untreated, distilled, water crystals, using words typed onto paper by a word processor and taped on glass bottles overnight. The same procedure was performed using the names of deceased persons. The waters were then frozen and photographed.

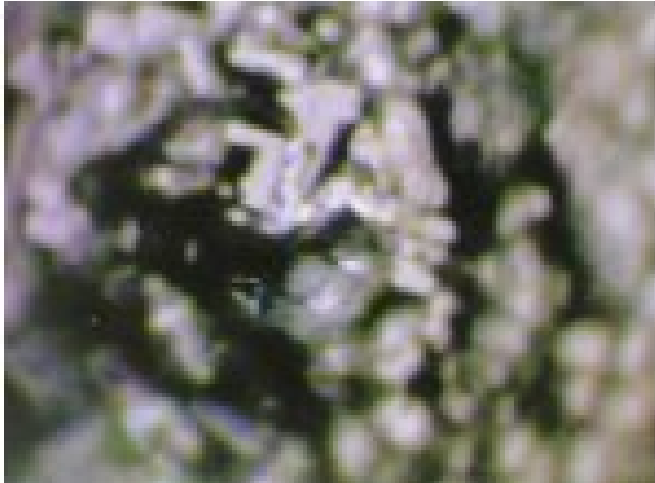


Water distilled

then

Music applied
and re photoed

Tap water before and after remote prayers

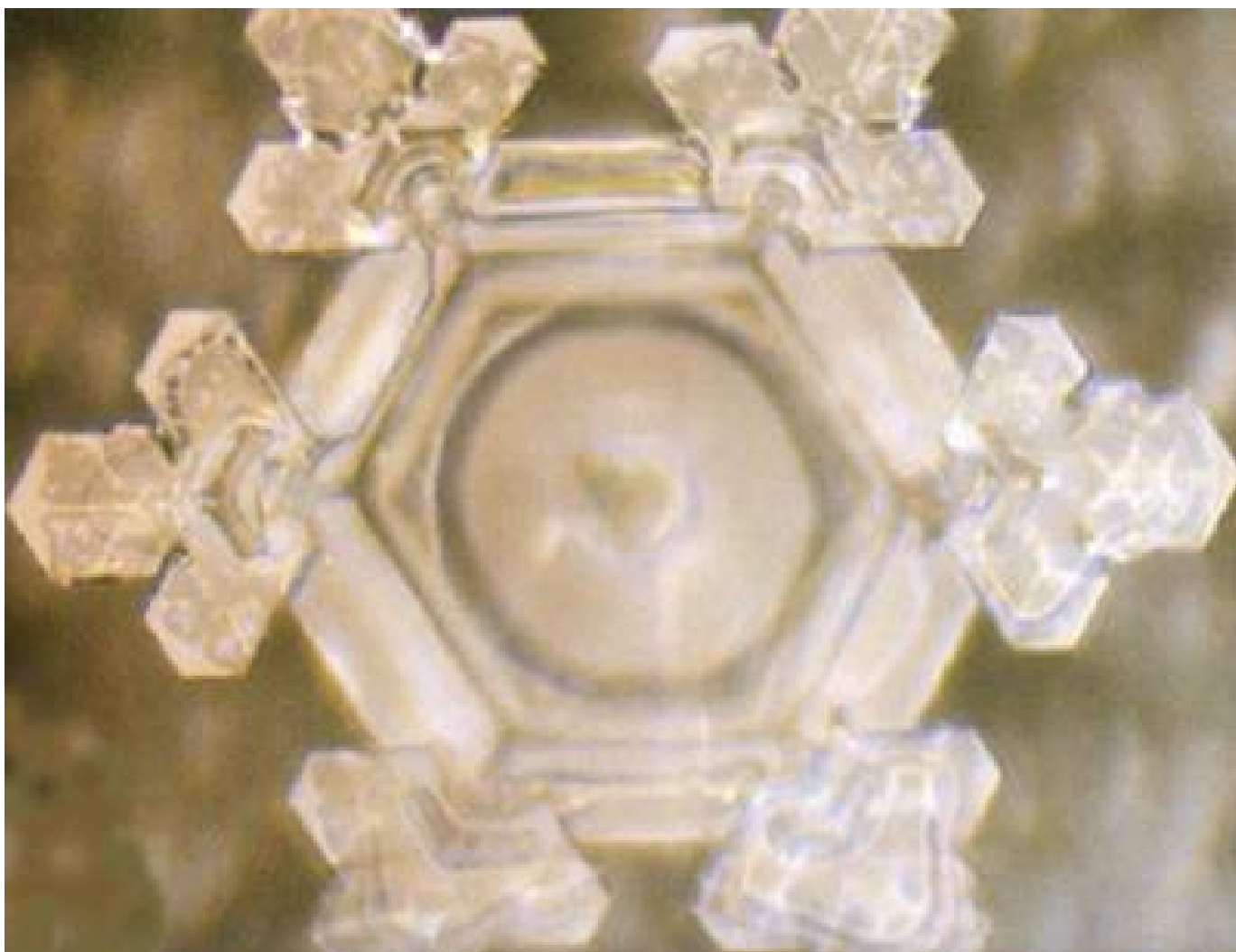


"Thank you"
Rice on left
one month fine

"You fool"
Rice on right
one month very bad



Crystal of water that have been exposed to the words "Thank you" typed on a paper pasted on the bottle



MAKE A HOMEOPATHIC REMEDY:

**Making a homeopathic remedy is generally a three step process.
-here is a rough guide, for a full explanation read the Organon**

For insoluble substances, take one part of the starting substance that you want to make into a remedy and add to 99 parts of milk sugar and then triturate (grind up) with a mortar and pestle for one hour. This produces the first attenuation (1c potency).

One part of this mixture is then taken and further triturated with another 99 parts of milk sugar for a further hour. This produces the second attenuation (2c potency).

This step is further repeated to the 3c potency at which point any substance you started with is now able to be dissolved in alcohol; this is the end of the first part of the process.

For the second part of the process one part of the triturated 3c potency is taken and mixed in a test tube with 99 parts of 90% pure alcohol. This is then 'succussed' 40 times (struck firmly on a solid but not hard surface like a leather bound book). This then gives the 4c potency.

One drop of this is then taken and added to another 99 parts of alcohol and succussed to produce the 5c potency

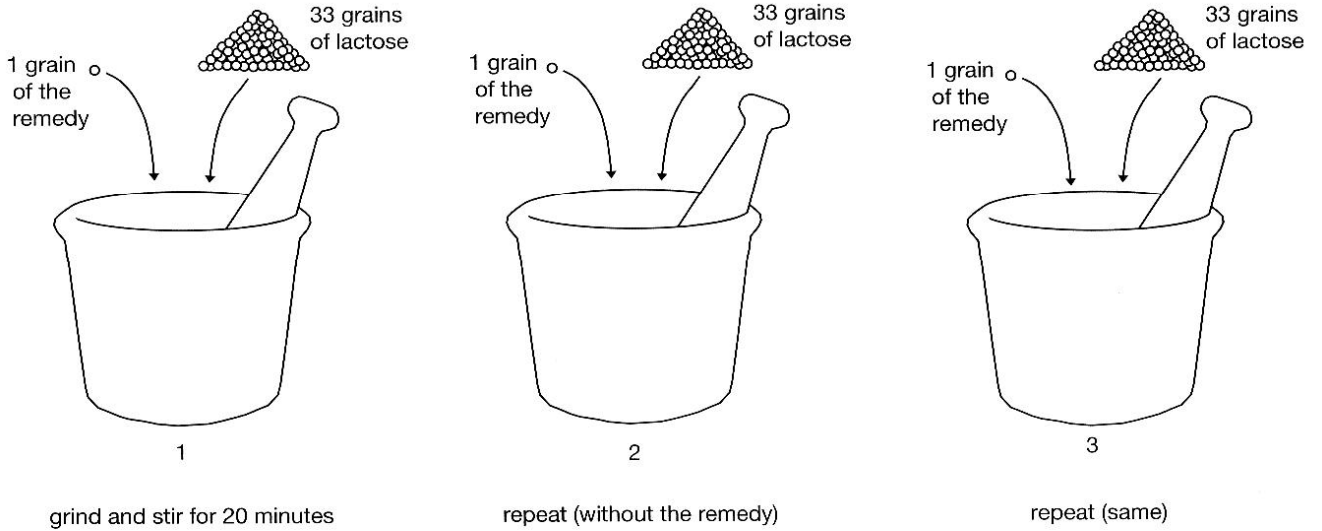
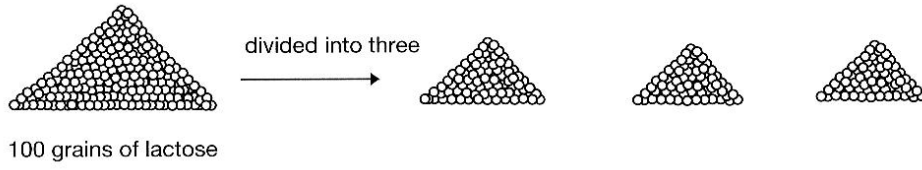
To increase potency this step is repeated as many times as necessary. These alcoholic attenuations provide the medicating potency.

The final part of the process is to take the medicating potency of the desired strength and add a few drops (4 to 10) to sucrose (sugar) pills in a bottle labelled with the remedy name and the potency, the bottle is shaken to evenly distribute the remedy and there you have your potentised remedy, ready for homeopathic application.

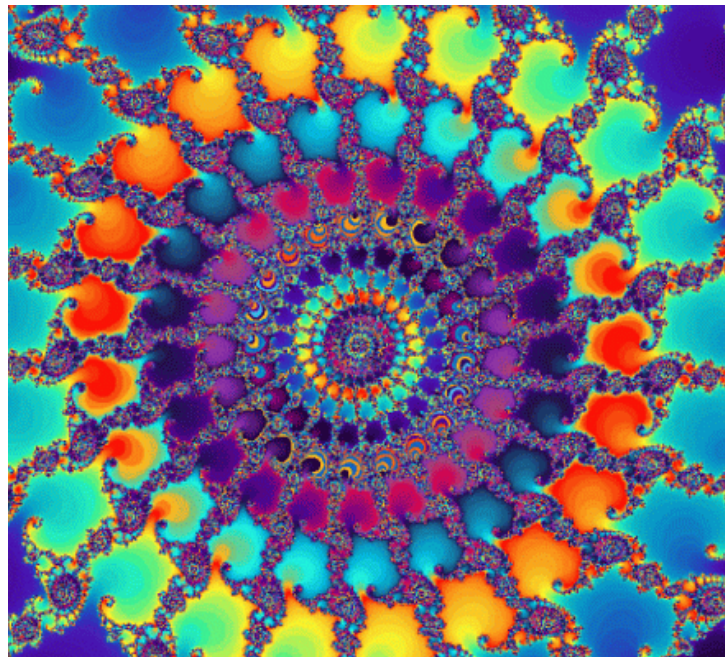
For starting substances soluble in alcohol, the trituration steps are replaced by dilution and succussion in alcohol.

It is still done this way by hand up to the 200 potency. The higher potencies (above 200) are mostly produced by a mechanised version of the same process. The lowest potency available to the public is the 6c but the 30c is what is most commonly stocked by high street pharmacies.

Sometimes the strength will have an 'X' or 'C' or 'CH' or 'K' after the number, this refers to tiny differences in the way they were made, for all practical purposes they are the same.



Hahnemann's Directions for Trituration



BENEFITS OF HOMEOPATHY

The benefits of homeopathy include:

- **SAFE** - Homeopathy is safe. Unlike other pharmaceutical drugs, homeopathic medicines usually do not have any side effects. The dilution and small doses make it safe for children and the elderly.
- **EFFECTIVE** – Homeopathy can be extremely effective for both acute and chronic cases. Homeopathy does not see a disease as incurable, but rather sees the body as always being curable. Homeopathic medicines, if selected properly, may give results faster than any other system of medicine.
- **NATURAL** – Made from plants and herbs, homeopathic medicines contain no harmful chemical additives and are not synthetically produced.
- **HOLISTIC** – Homeopathic medicines aim to treat the whole body, not just a symptom.
- **STRENGTHEN** – Homeopathic remedies strengthen the immune system as well as the mind (mental state) of an individual and allows for further prevention from disease and illness.
- **ALTERNATIVE** – Whereas homeopathy looks to cure or heal an individual with no detrimental side effects, conventional medicine often prescribes long term use of pharmaceutical drugs that have numerous side effects or life threatening surgery.
- **QUICK** – Homeopathics begin to work almost immediately. Although continued use of remedies is necessary for the body to fully recover to a healthy and natural state, homeopathy is a quick acting form of medicine.
- **INEXPENSIVE** – Compared to pharmaceutical drugs, homeopathic remedies are relatively inexpensive.
- **NO LIMIT** – Homeopathy really has no limits as to what it can be used for. Because it is such an individualistic and holistic approach, homeopathic remedies address the cause rather than the symptoms, thus preventing further reoccurrence.



WHAT are HOMEOPATHICS?

Homeopathic remedies (also called homeopathics) are a system of medicine based on three principles:

- **Like cures like**
For example, if the symptoms of your cold are similar to poisoning by mercury, then mercury would be your homeopathic remedy.
- **Minimal Dose**
The remedy is taken in an extremely dilute form; normally one part of the remedy to around 1,000,000,000,000 parts of water.
- **The Single Remedy**
No matter how many symptoms are experienced, only one remedy is taken, and that remedy will be aimed at all those symptoms.



Similar principals forms the basis of conventional allergy treatment, where the allergic substance is given in a small dose, and in vaccines where an impotent form of the virus is given to bolster the immune system against that particular virus.

Why use Homeopathics?

Homeopathy is the second most widely used system of medicine in the world. Its growth in popularity in the United States has been around 25 to 50 percent a year throughout the last decade.

This success is fuelled by several factors:

- Homeopathy is extremely effective. When the correct remedy is taken, results can be rapid, complete and permanent.
- Homeopathy is completely safe. Even babies and pregnant women can use Homeopathy without the danger of side effects. Homeopathic remedies can also be taken alongside other medication without producing unwanted side effects.
- Homeopathy is natural. Homeopathic remedies are normally based on natural ingredients.
- Homeopathy works in harmony with your immune system, unlike some conventional medicines which suppress the immune system. (For example, cough medicines suppress the cough reflex, which is your body's attempt to clear the lungs)
- Homeopathic remedies are not addictive - once relief is felt, you should stop taking them. If no relief is felt, you are probably taking the wrong homeopathic remedy.
- Homeopathy is holistic. It treats all the symptoms as one, which in practical terms means that it addresses the cause, not the symptoms. This often means that symptoms tackled with Homeopathy do not recur.

But there is a catch...

Every silver lining has a cloud, and there are two main barriers to the effective use of homeopathy:

- Prescribing the right homeopathic remedy takes a little more time and patience than conventional medicine. Exactly the right remedy needs to be taken for your symptoms. There is no such thing as a standard homeopathic headache remedy (though, sadly that doesn't mean no such product is sold...).

The remedy you take has to be matched to your particular headache - where it occurs, what brings it on, what type of pain it is, what aggravates it, what makes it feel worse, your state of mind and what other symptoms you experience.

- The sheer range of remedies in use can cause practical problems for an average sized pharmacy. If the right remedy is not one of 30 or so commonly used remedies, they can be difficult to obtain.

Homeopathy - Like Cures Like

Homeopathy, from Greek *homoeo* (meaning similar) and *pathos* (meaning suffering) is a system of medicine based on treating like with like. The same principle is widespread in mainstream medicine, the most notable examples being antidotes and vaccines. However, Homeopathy takes this premise a step further: if my symptoms produce an effect on me *similar* to a tarantula's bite, then tarantula venom would be my homeopathic treatment, even though I've not actually been bitten by a tarantula.

The theory that like can be treated with like can be traced back as far Hypocrites (468 -377 BC), but it wasn't until the work of Samuel Hahnemann (1755-1843) that the theory developed into a usable practice.

Hahneman's provings consisted in giving doses of various substances to both himself and his healthy volunteers, and noting the effects in detail. For safety reasons, the substances taken were very dilute, and it is here that Hahnemann chanced upon one of the more puzzling aspects of Homeopathy. The more dilute a homeopathic medicine is, the more effective it is in treating illness.

Hahneman's work was continued by James Tyler Kent in 1877-78. Kent's interest in Homoeopathic medicine was prompted by his wife's serious illness, which failed to respond to any other form of medicine available at the time. Kent's position as Professor of Anatomy (at the American Medical College, St. Louis) placed him perfectly to observe the effects of substances in precise detail. Kent's research into Homeopathy became his life's work, and he conducted provings on some 650 materials, observing over 64,000 symptoms. Even today, Kent is still the most widely used repertory in Homeopathy.

The repertory used in this site's remedy finder is based on Kent's, with no additions, but some changes have been necessary in order to make its use easier for the modern day layman, including plain English Terminology, and categorizing symptoms where possible.

Classical Homeopathy - Treating the Whole Person

Classical Homeopathy is a holistic medicine; in other words it aims to treat the whole person. It may seem unusual to those used to allopathic (conventional) medicine, where one medicine is taken for a skin complaint, another for a headache, and yet another for sleeplessness.

If you use the remedy finder frequently, you may find that one particular remedy comes up time and time again for your complaints - however diverse they appear to be. For example, in testing the online remedy finder, on my own symptoms ranging from insomnia, headaches, to stomach complaints, Phosphor was frequently the suggested remedy. There is something in my nature, underneath any passing symptoms, which is akin to Phosphor.

A common cold, for example, is one virus which produces a myriad of effects, subtly different in different people. Different people with a cold caused by the same virus may exhibit different symptoms. It is for this reason that each case should be assessed by close and careful analysis of all the relevant symptoms.

Classical Homeopathy - Finding the Simillimum

The Simillimum is the single substance which if given to a healthy person would produce exactly the same symptoms as exhibited by the patient.

In addition to the range of symptoms which must be included in a case to find the right homeopathic remedy, precision is also important. For example there are nearly 5,000 headaches in a symptom database; a different remedy may be prescribed depending on when symptoms occur, the type of pain, where in the head it is, what may have brought it on, what other symptoms are experienced, etc.

To find the simillimum manually would involve looking up each symptom, in detail, and producing a grid of remedies and their correlating symptoms, and from there, seeing which remedies occur most frequently and which are stronger for a given symptom. This is the working practice followed by ABC homeopathy's remedy finder, quietly and effortlessly behind the scenes. For help using the online remedy finder, see the [Using the remedy finder](#) section

Using Homeopathic Medicine

First, do no harm...

The first concern of anyone using any new medicine is "*Is it safe?*". The short answer is yes, homeopathic medicine is completely safe. However, **you should not stop taking any existing medication without first consulting your doctor.**

Dosage and Potency

Not all homeopaths agree on dosage and potency, and the potency to be taken depends on both the sensitivity of the patient, and the exact remedy being taken. But as a general rule, chronic illnesses (i.e. those that you've had for a long time) should be treated with high numbers i.e. 30C - 200C and Acute (i.e. those that are relatively new) with low numbers i.e. 6C.

However, there are exceptions, particularly where an accident started off the symptoms and you might give the body a kick start with a high potency dose such as Arnica 200C first and then follow with a lower potency remedy. Low numbers are used more frequently than high numbers.

Another general rule is that high potency homeopathic medicine should only be taken when you know it is the right remedy, so start off with a low potency remedy, and then increase the potency if improvement is felt, though incomplete.

Taking Homeopathic Medicine

Homeopathic medicine should be taken on a clean pallet. While on a course of homeopathic treatment, you should avoid strong flavours such as mint (including toothpaste), coffee or camphor.

They are normally taken as pills which are placed under the tongue. Take two tablets every two hours for the first six doses, and then four times daily for up to five days. For some complaints remedies are taken as an ointment, for example, arnica cream applied directly to bruising. *(this is not the case in all types of prescribing- sometimes you may only take one tablet in 6 months - or...even only one tablet will cure if it is the correct remedy and frequency).*

If you are taking the remedy in pill form, you should avoid contact with the skin (including fingers). Just drop a few pills into the lid and pour them directly into the mouth.

Once relief from the symptoms is felt, stop taking the homeopathic medicine. Only take it again if exactly the same symptoms come back.

A [professional Homeopath](#) will also assess your diet and lifestyle. Good nutrition is vital.

If symptoms persist, consult your doctor.

Guide to Self Diagnosis and Treatment with Homeopathy

The basic aim of homeopathic prescribing is to find the one remedy which best matches all your symptoms. It is best not to take more than one remedy at a time.

Our [free, online homeopathy software](#) makes it very easy to narrow down the choice of remedies for first aid and disease with homeopathy, from the comfort of your own home. We have had many reports of people who have used our remedy finder to successfully treat themselves, however, **self diagnosis is not a substitute for visiting a professional [homeopath](#) or physician.** Nothing on this site is a recommendation as to how to treat any disease or health related condition.

What symptoms matter?

As homeopathy relies on prescribing one remedy to your precise combination of symptoms, all your symptoms should be included in the process.



Most of us have a few niggles that have been with us so long we don't even notice them anymore. (i.e. cold feet). These all need your full attention. You should also include things which you might not even class as symptoms, such as a persistent itch behind your ear.

Aside from the obvious nature of your complaint (i.e. headache). Things to notice include:

- State of mind (including fears, anxieties, attitudes etc.).
- Colour and consistency and regularity of your stool.
- What makes a particular symptom feel worse or better?
- Where exactly is each problem located?
- When did symptoms first occur, and what brought them on?
- Your sleep pattern.
- What are you sensitive to (i.e. light, cold, heat, drafts, touch, criticism, etc.)
- For women, where you are on your monthly cycle.

If you are using our [online homeopathic remedy finder software](#), you will be offered relevant options in a lot of cases, but you may have to add information as separate symptoms.

Getting Familiar with the Repertory

It is worth spending a while exploring the database behind our software in depth, so as to familiarize yourself with the broad range of complaints that count as symptoms. You should, therefore, use the browse feature rather than the search facility on the remedy finder where possible. You may also wish to explore the [complete repertory listing](#).

And a word of warning

The most important thing when attempting to diagnose and treat illnesses at home is to know when to stop. If symptoms persist, go and see your doctor; even if you feel your symptoms seem unworthy of professional help, minor symptoms can often be a sign of something more serious.

Your national homeopathy association can supply a list of qualified medical doctors who are also qualified as homeopaths.

Homeopathy at Home

Homeopathy is safe for home use as there are no dangerous side effects. This, to many, is the principal that gets them interested in homeopathy in the first place.

There is also a popular misconception that other forms of alternative medicine, such as herbal, nutritional supplements, or Chinese herbal are also completely safe to self-prescribe, because they are 'natural'. This








is not the case; homeopathy is safe because everything is very very diluted; many herbal remedies and supplements can cause lasting damage if not taken carefully.

When people use homeopathy

Most people first come to homeopathy when they feel they've been failed by conventional medicine. It may be for a long-held, chronic condition, or a short lived acute ailment. It may be that conventional medicine has been unable to help at all, or that the side effects are simply not worth the risk.

This was from our survey in September 2003:

For what do you most often use Homeopathy?

Long term illnesses which conventional medicine has been unable to treat.		29%
Long term illnesses which conventional medicine is able to treat, but with major side effects.		16%
Long term illnesses which conventional medicine is able to treat, with no side effects.		12%
Minor short term illnesses.		39%
I've not yet used it.		4%

You can see that of those who use homeopathy on long term illnesses, most do so because conventional medicine has been unable to treat them, and a much smaller number use homeopathy to avoid the side effects of conventional medicine.

Long Term and Short Term - Chronic and Acute

Long term (chronic) illnesses are deeper rooted than short term (acute) illnesses, and are consequently more difficult to treat successfully at home - normally guidance from a [homeopath](#) should be sought.

Short term illnesses can be treated much more successfully at home, by a layperson.

And finally, as you become more confident at treating conditions at home, don't get over-confident. Stopping prescribed medication without first consulting a physician can endanger your health. If symptoms persist, always seek professional medical attention. Bear in mind that even minor symptoms can be a sign of a more serious underlying condition, and a timely diagnosis by your doctor could save your life.

Homeopathic Combination Remedies and Single Remedies

In recent years, Homeopathic remedies have been sold increasingly as combinations. A group of remedies, effective in tackling say, anxiety, in a range of people are combined on a single pill. This is in contrast to the principals of [classical homeopathy](#).

This practice has been met with [mixed opinions](#) in the homeopathic community. What is generally agreed is that combination remedies may work for you, but you have a much greater chance of success if you use

single remedies, chosen for your specific ailments, as the other remedies contained along with the right one may complicate a condition, or prevent the right remedy from working.

Even the makers of combination remedies add the caveat that single remedies are more effective, where the right remedy can be prescribed.

The strength of combination remedies is certainly the convenience with which remedies can be prescribed; if it says *headache* on the box, then that's what it's for. However, through the online remedy finder, we hope to make the choice of the right single remedy apparent from [simple self diagnosis](#), and we hope therefore that people have a free choice whether to use single remedies or combinations.

Although we recommend single remedies, [combination remedies](#) have been added to the shop, for those who wish to use them.

Homeopathy and conventional (allopathic) medicine

Mainstream, or Allopathic medicine has achieved significant leaps in preserving both the quality and longevity of life, and it is important to recognise this contribution. However, conventional medicine is a wide label, and not all conventional medicine is beneficial. While in most cases symptoms are relieved, many allopathic medicines do a lot of harm to your body.

The symptoms of a disease, for a Homeopath, are your body's attempt to cure itself. By contrast, conventional medicine generally works by suppressing your body's natural reactions. For example:

- A cough is usually the result of foreign bodies in the lungs; the muscles spasm in an attempt to remove it. Cough medicine simply stops this reflex.
- A headache tablet is a painkiller and simply suppresses the feeling of pain, leaving the body to undergo whatever torment it was before, but divorced from our consciousness. This is a very bad thing. For example, many headaches are due to dehydration - once the headache isn't felt, the patient no longer feels the need to stop running around, working up a sweat and dehydrating further.
- The conventional approach to treating infections is antibiotics. Antibiotics simply eat other bacteria. Our body also has bacteria that serve the same function (indeed, there are many types of bacteria naturally occurring in the body, all of which are beneficial) alas these are also consumed by antibiotics. In addition, a widespread concern is that bacteria are becoming resistant to antibiotics.
- Antidepressants generally work by blocking emotional responses. Unlike homeopathic remedies, dependence builds up quickly, and once a course of antidepressants has begun, it is often a step down a long, slippery slope to dependency.

Conventional medicine is a very blunt instrument. Part of homeopathy's success lies in its very general nature. The sheer number of possible factors that need to be considered for effective treatment with homeopathic remedies have meant that it has required a long, and often expensive consultation with a trained specialist. In contrast, regardless of the type of pain, or even where it is, the conventional relief is a pain killer. Compare that to homeopathy - in our remedy finder database, we describe nearly 5,000 types of headaches.

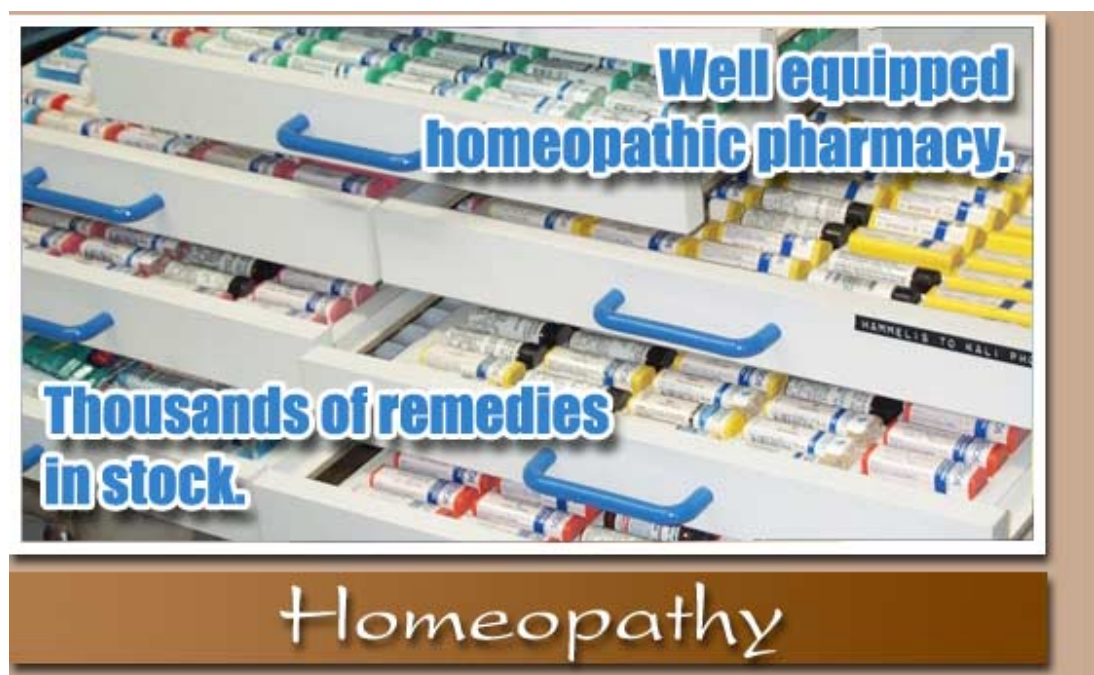
Despite the best efforts of pharmaceutical companies, the research into medicines and their side effects is often woefully inadequate. The most famous case of this is thalidomide - a drug prescribed for morning sickness, which produced severe birth defects. More recently controversies include Seroxat, an antidepressant which, though beneficial for some, has been linked to addiction, suicide, self harm, and aggressive behaviour in some people.

Despite the damaging side effects of conventional medicine, sadly, prescription medicines are without benefit for most people that take them. (source: Allen Roses, a Vice President of Glaxo SmithKline: one of the worlds largest drug producers. See [here](#) for more)

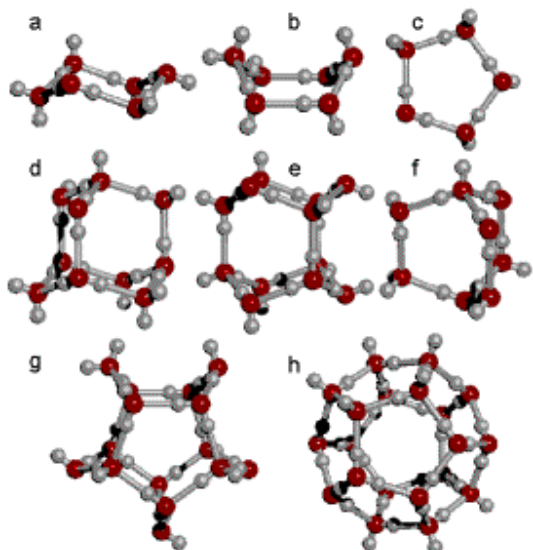
The approach of conventional medicine denies our body's efforts to heal itself and damages these systems.

Homeopathy does not work in the same way; how it does work remains a mystery. Chemists have concluded that in the very high homeopathic potencies there is actually none of the original substance left. Theories explaining homeopathy have been put forward, resting on vibrations, electromagnetism, or the memory of water.

However, is it not fitting that your body, a miracle way beyond understanding, can be cured by something which is also out of the reach of your rational mind?



HOMEOPATHY RESEARCH:



HOW DOES HOMEOPATHY WORK?

By Brian R. Connelly,

<http://home.attbi.com/~brc17>

updated December, 2002

(With acknowledgement to the Alliance of Registered Homeopaths)

Introduction

Many theories have been proposed to explain how homeopathic remedies seem to work, ranging from misapplied quantum theory to the “doctrine of signatures” and other kinds of alchemical mystique. Many homeopaths feel that “science” may never solve the mystery. So, as a result of information that is incomplete without a generally accepted and unifying theory, the homeopathic practitioner tries to develop and work with a variety of eclectic “rules of thumb”.

Faced with over 200 years of empirical experience, we must continue to try to find a common ground and unifying basis in theory. Modern chemistry and physics sprang from the common ground that was atomic theory. Why should homeopathy be any exception?

My thesis is that “science” has been looking for the answer to homeopathy in the wrong place.

We have been looking either on the quantum scale (sub-atomic or small molecules) or on the statistical-mechanics scale (millions of molecules). But there is a no-man’s land (in between) which contains matter on a scale of 10 to 1000 angstroms ... i.e. bigger than a simple molecule but smaller than a living cell.

For example, (Blakeslee, 2001) reports:

“At this level, things do not act according to well-described theories of chemistry and physics. Rather, systems this size seem to obey a unique set of rules that cannot be deduced from studying their individual components.....There are too many atoms in the systems to be described by electromagnetism and quantum theories but too few atoms to handle statistically.” (My italics.)

Research on this ‘nano-scale’ is very pertinent to a working theory of how homeopathic remedies work within the organism. For example, what if we were to look at the ‘nano-scale’ structure of the solvent (water) versus the usual focus on the solute (the dissolved remedy)?

It turns out that recent research supports the idea that the unusual physical chemistry of water may offer a unifying theory for homeopathy not only in terms of the actual nature of the remedy as it is prepared, but in terms of its bioactive interaction with the organism.

The goal of this article is to offer an overview of a new theory that can be tested in the research lab and supported by clinical experience.

Review of Current Theory

To be useful to the practitioner, any theory should try to meet some practical utility criteria as a minimum, besides lending some scientific credibility to the homeopathic paradigm. Here are five suggestions:

1) The theory must offer principles that the homeopath would find useful in daily practice.

There have been many ‘meta-theories’ that seek to explain everything but predict nothing. For example, how can Conte’s quantum ‘white hole’ theory help us choose between one potency over another? If a theory can not predict practical outcomes, then it becomes scientifically untestable and, therefore, unuseable in practice.

2) The theory should be parsimonious.

Truth is elegant. Assumptions should be simple, testable and the number should be held to a minimum. The assumptions should reflect the basic experience that is already generally held to be known. Parsimony is not simplistic. For instance, those theories that promulgate ‘energy’ or ‘frequency’ of a remedy are usually just didactic metaphors and not concrete, operational explanations. An example would be (Sharma 1990). He presented some interesting experimental observations and explained them on the basis of the energy of ‘resonant unpaired electrons’. But I think that most chemists would not agree with his claim that molecules of ‘equal’ energy are equivalent biochemically.

3) The theory should show how the bioactive moiety interacts with the organism to effect change.

This means that a biological mechanism needs to be identified that represents the action-reaction homeostasis of what is called the ‘vital force’. The phenomenon of ‘aggravation’ should be accounted for, as should size of dose and potency effects.

4) The theory needs to be testable through future research.

Given a working theory, there is much more research to be done to improve our understanding of disease and lend wider credence to the homeopathic paradigm. The theory needs to offer predictions that can be repeatedly and conclusively proved or disproved in the laboratory and in the clinic.

5) The theory should facilitate the systemization of ongoing clinical experience.

A problem with the current *Materiae Medica* in finding the simillimum for a case is that the data for a particular remedy tends to be consolidated without source differentiation. Toxicology, clinical experience and all results for all potencies used during a proving are treated as equivalent. Referring to the original provings can help somewhat but, by this point, the intuition and prejudgement of the clinician are often biasing factors in seeking “confirmation” of the remedy selected.

So it seems that, in the *Materiae Medica*, idiopathic uniqueness is implicitly denied, which seems contrary to the concept of fitting the remedy to the individual case. Of course, we feel we allow for this by crossing other rubrics but it still comes down to a trial-and-error approach for the remedy and potency selected in the individual case.

The Proposed Model – Development and Discussion

This section will outline some general clinical evidence relating to the nature of potency, the in-vivo ‘measurement’ of potency effects, the puzzle of why ‘diluting’ a remedy increases its power to heal and possible reasons why succussion is an important part of that puzzle.

We shall also examine why alcohol could be more than just a preservative and how ‘dry’ lactose or sucrose pellets could stabilize and be carriers of the remedy.

Finally, we shall take a look the relationship between the Vital Force and the bioactivity of the symptom-remedy and how remedy action within the organism seems to proceed.

What is our case experience in working with different potencies?

Observations on size of dose and number of succussions...

“One of the keys to Hahnemannian homeopathy is the size of dose and the number of succussion given to the medicinal solution.” (Little, 1998)

Further observations on number of succussions...

“Homoeopaths using the 1842 LM methods have recorded many case histories where a certain remedy did not act with a certain number of succussions [but] that immediately showed curative responses after adding more succussions to the same remedy bottle.” (Little, 2001)

And some observations on selecting potency that seem to come from an entirely different perspective...

The Banerji family of physicians in India provide a unique experience and methodology. They make about 2,000 prescriptions per day at their clinic in Calcutta, with a staff of 12 doctors. Behind this family’s methods there are about one hundred years of experience. They largely prescribe on an organ ‘syndrome’, or group of symptoms, rather than the ‘totality’ of symptoms. They use one remedy in one potency for one syndrome. Based on hundreds of cases, (Banerji, 1985) shows that a *Lycopodium* constipation is sensitive to potency as follows:

- 6C and 30C showed no significant percentile response;
- 200C showed 75 percentile response, but
- 1000C (1M) showed no percentile response either!

A corollary of the Banerji family's experience is that they see each potency having its own unique subset of symptoms. Both observations are in accordance with Hahnemann's clinical experience, as (Little, 2001) notes:

“Although Hahnemann spoke about raising the potencies from lower to higher in the Organon, the microfiches of the Paris casebooks often show him searching up and down the potencies until he found a harmonic degree. After finding a harmonic degree he would then work up from there. Because everyone is truly an individual it is hard to make clear and fast rules about what potencies are best. Sometimes you have to search for the most harmonic potency.”

These observations illustrate the important role of succussion in determining potency and the efficacy of the remedy which the theory needs to explain.

How is potency measured?

The problem is that potency has not yet been measured directly, only indirectly and subjectively. For example, it's the interaction of the remedy and the prover that together produce the symptom, not the remedy alone. There's no way you can remove the prover from the relationship unless the same remedy were to produce the same effect in every prover. We know that not to be true, so the theory needs to offer a way to redefine this problem.

How can a remedy have any biological effect when it's been diluted beyond recognition?

The quick answer lies in this question itself, plus a little more. The high potency remedy has indeed been greatly diluted but it has also been 'succussed beyond recognition'.

Some theoreticians say that succussion is a way of imparting 'energy' to the remedy. This is a truism which really tells us nothing. So perhaps a better suggestion is that the process somehow transfers information to the remedy solution. (Benevise, 1999) seems to hold this view, but he does not answer the question of 'how' in a way that is helpful to the practitioner.

Nonetheless, we shall now explore the idea of 'potency as information' as the basis in developing a theoretical model.

Redefining Potency and Dose as “Information”

(Anick, 1998) has proposed a concept of a liquid structure involving zwitterion (charged) water clusters which could carry remedy information. There is some published experimental support for this view, from (Jongma, 1998) who for the first time identified the existence of neutrally charged ('unprotonated') water cluster ions.

In searching for possible bioactive species in the remedy using nuclear magnetic resonance (NMR) methods, the evidence has been inconclusive. An experimental and critical survey showed that Conte's results were due to soda glass contamination and could not be reproduced using regular silica glass vials (Milgrom, 2001). And there was an excellent review of NMR work published as a guest editorial in the British Homeopathic Journal (Demangeat, 2001).

On the other hand, using newly developed infrared analytical methods, there has been considerable study of molecular clusters in a variety of liquids. Some of this research, using FT-ICR spectra (Jongma, 1998) confirms the existence of stable molecule clusters in water using technologies involving surface impact. In other words, they demonstrated creation of water clusters, using sudden adiabatic expansion to create plasma-like conditions. These conditions will be shown later to be akin to the cavitation conditions created by succussion.

(Andersson, 1997 and 1999) has created individual clusters, using sudden evaporative cooling, which average up to 4,000 water molecules in the molecular size spectrum. The cluster size distribution curve goes up to 14,000 molecules / cluster. These clusters were directed at a graphite surface at a velocity of 1,380 metres / second. Large cluster fragments of "several thousand" water molecules were found to survive these high collision velocities, which underscores how extremely stable these water clusters can be.

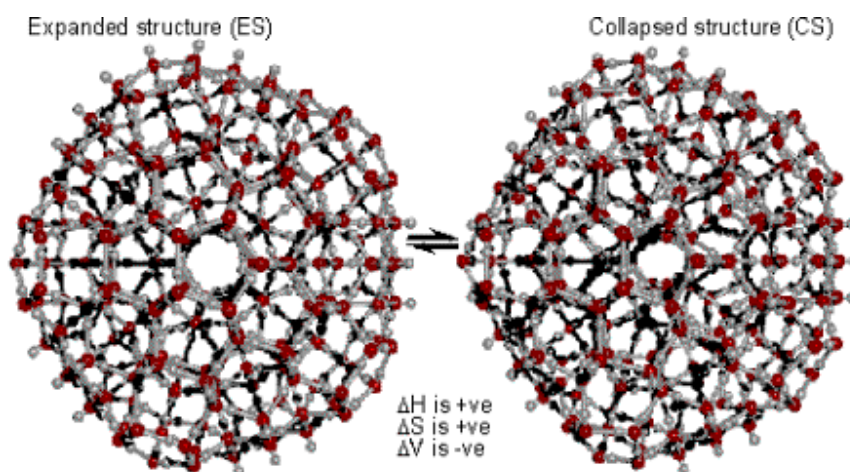


Figure 1. Icosahedral Water Cluster Isomers

Cluster mixtures can generate many different isomeric forms: for example, a cluster of 21 molecules can exist as one of 18 different geometric isomers or represent 18 unique 'bits' of information. To illustrate the subtle ways in which a molecule can exist in different unique identities, Fig.1 (above) shows two isomeric forms for a icosahedral type cluster having 280 water molecules.

If each isomer represents one item of information, and if they turn out to be the bio-active species in homeopathy, then millions of different information 'bits' can be carried in a mixture of isomeric water clusters.

Interestingly, alcohol forms clusters with water also (Wisniewski, 2001) although one author (Yui, 2000), using mass spectrometry, claims some mutual destruction of cluster ions (not neutral clusters). Being an

associative liquid, i.e. having hydrogen-bonds between molecules, one is not surprised that alcohol can form its very own clusters, but note that alcohol is never entirely anhydrous: 95% v/v ethanol is usually the purest one can get for remedy preparation.

Later, it will be seen that the presence of alcohol actually favourable to the moderation of succussion energy (by increasing vapour pressure), which means that succussion is not inherently destructive but, on balance, creates the water clusters that represent the remedy.

So, if it is given that the water clusters are the moieties that carry remedy information, what is the role of succussion and dilution in their preparation?

The Nature of the Succussion Process

It's actually quite easy to create cavitation conditions by succussion. If you crack your knuckles, the popping noise you hear is cavitation. Similarly, rapping a remedy vial on the spine of your repertory creates cavitation, demonstrated by the small bubbles you often see.

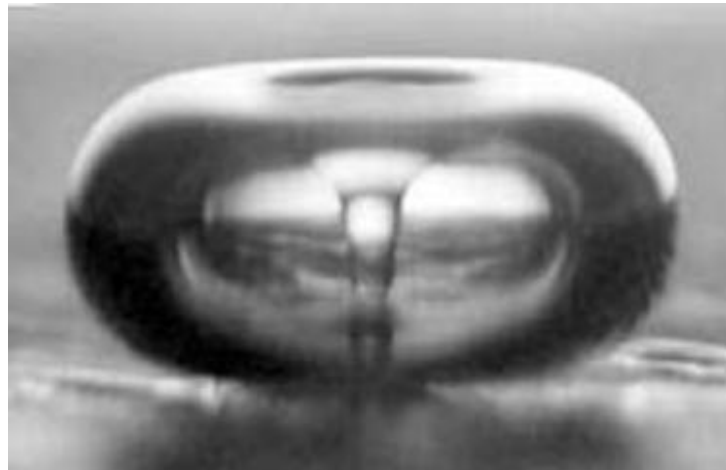


Figure 2. Cavitation Bubble Collapse

Fig. 2 shows an imploding cavitation water -vapour bubble (Suslick, 1989).

The imploding cavity (about 150 microns in diameter) is captured in a high-speed flash photomicrograph, where the implosion heats the vapour inside the cavity to 5,500 degrees Celsius (plasma conditions). Since this cavity formed near a solid surface, the implosion is asymmetric, expelling a jet of liquid toward the surface of the container at roughly 400 kilometres per hour. Both the heat and the jet's kinetic energy contribute to a unique chemical environment in the liquid.

Similarly, in industrial applications, mechanical cavitation (succussion) can also generate plasma conditions which usually tend to destroy molecules. A plasma is a gas-like state where molecules can be disrupted to an atomic and/or ionic state. The plasma constituents can also reform into different molecular arrangements, particularly on liquid or solid surfaces.

Using FT-ICR spectroscopy, (Jongma 1998) showed that the cavitation is moderated by dissolved air or alcohol, so that the lower attenuated cavitation energy actually creates quite large stable clusters in water. In Fig. 3, below, a typical water cluster size-concentration distribution spectrum is shown for distilled water.

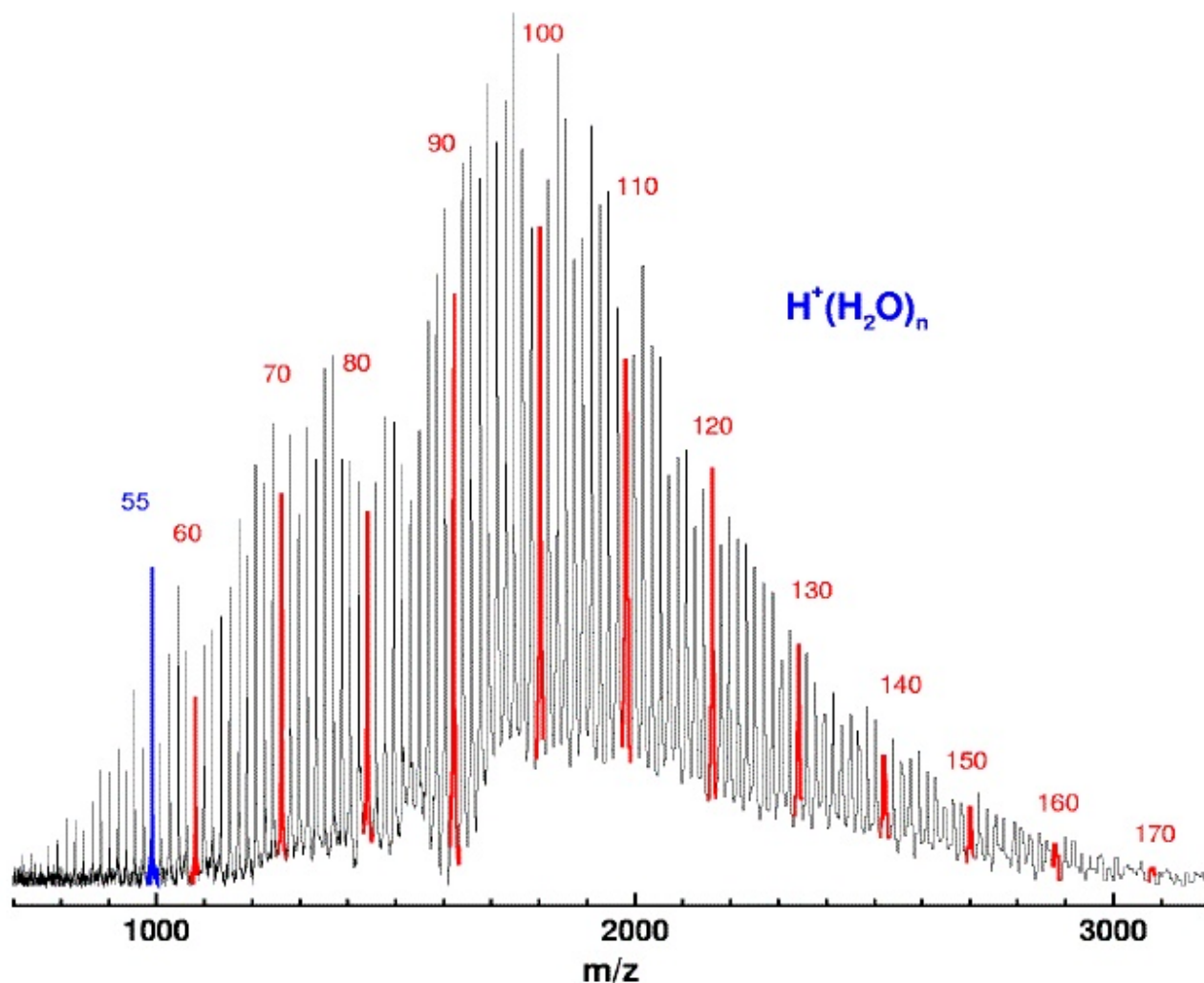


Figure 3. Typical water cluster size-concentration distribution spectrum

Remedy Preparation – The Creation of Water Clusters

The creation of a potentized remedy finds a parallel in the semiconductor industry where a pure germanium crystal is impregnated or “doped” with a tiny amount of impurity, which entirely changes the germanium crystal properties and makes it a semiconductor.

In similar fashion, each remedy starting-tincture (or triturate) is theorized as “doping” an alcohol / water mix to create a spectrum of different sized and shaped water clusters, such a spectrum being unique to that starting remedy material.

At the same time, the "doped" water cluster mix engages in a series of chemical reactions of its own where each water cluster is exchanging energy and water molecules with its neighbours, until a mix of stable sizes is developed and a characteristic "mass spectrum" of cluster sizes is obtained which, again, is expressive of the fundamental nature of the starting remedy.

Every chemical reaction is "reversible" to a greater or lesser degree.

One can drive many reactions "backwards" given the right chemical / physical conditions. Having reagent feedstock (fresh dilution water) in stoichiometric excess can accelerate the "forward" formation of new product (specific water clusters), just as a catalyst might also facilitate this "forward" process. Some reactions could also be autocatalytic, that is, the products (i.e. clusters) themselves speed up the process. When the cavitation energy of succussion is applied, all the reactions in the cluster mix are accelerated until the entire solution approaches a stable spectrum.

Note that, in order to be self-consistent, different methods of preparation use differing "standard" numbers of succussions. According to our cluster theory, however, different degrees of succussion results in different degrees of approach to a final stable state and hence differences in observed efficacy for a given "potency". (Thus the Jenichen remedies of the nineteenth century may have been "preferred" because a large amount of succussion energy was applied throughout remedy preparation.)

Now let's look again at the role of dilution when the next stage of potency is being prepared:

As you add fresh water, you are restoring the original stoichiometric "excess" of this reagent and "driving forward" all the creative (and competing) reactions that form clusters. This time, however, note that the starting conditions have changed..... now there is much less starting "doping" material and, second, we have starting clusters that were not there in the first preparation stage.

This changes the cluster spectrum and narrows it towards a different preferred configuration. Just like distilling alcohol, this dilution / succussion process is the typical "fractionation" process of separating and concentrating components in a mixture. Fractionation is well known in other processes, e.g. freeze-drying of coffee.

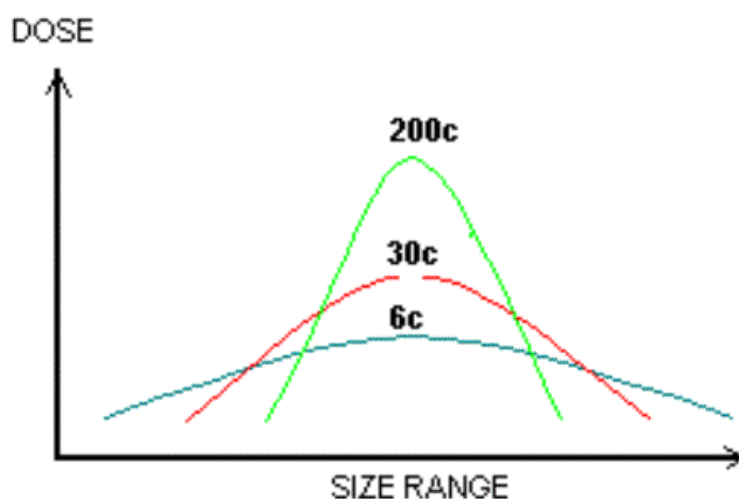


Figure 4. Concentration (Dose) and Cluster Size Distribution as a Function of Potency.

Now, in the simplest example, suppose that each unique water cluster carries the information corresponding to a unique remedy symptom. (In fact, several isomers / cluster types may be necessary to represent a symptom). Then Fig. 4 (above) shows that the remedy mixture becomes more symptom-specific (narrower range) when the potency is raised and represents a higher concentration in the mix (greater height) of those specific clusters.

This may accord with your own clinical experience of ‘going high’ and why lower potencies and more frequent dosing may be better in acute cases if you are not sure of the exact remedy to prescribe. A corollary of this model is that, at lower potencies, the symptom ‘picture’ of two (or more) remedies appear to overlap. Figure 5 (below) illustrates how this may be so. Thus either remedy A or B may “cure” symptom 2.

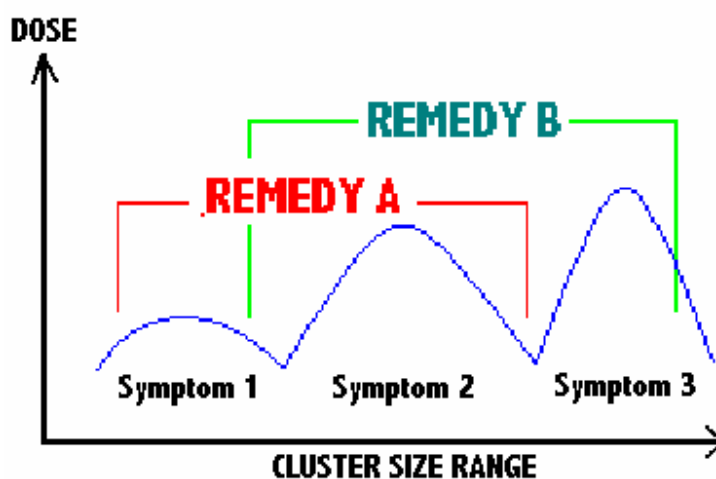


Figure 5. Overlapping Lower Potency Cluster Size Ranges for Remedies A and B.

With further succussion and dilution of each of the remedies, as shown in Fig. 6 (below), Remedy A may be the only one that “cures” Symptom 1 whereas Remedy B may only “cure” Symptom 3. With the narrowing of each remedy spectrum as potency is raised, neither has now much effect on Symptom 2.

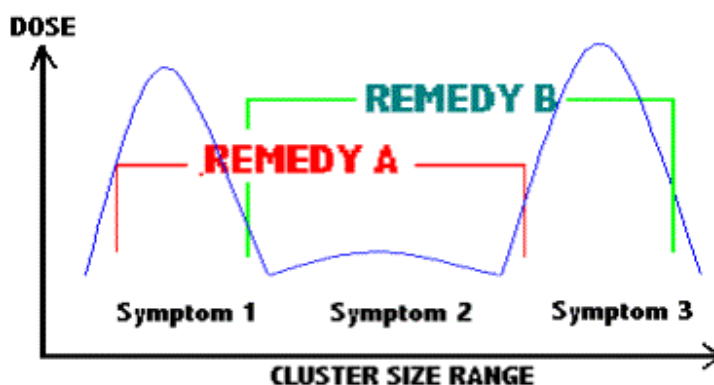


Figure 6. Higher potency Cluster Size Ranges for Remedies A and B.

Besides explaining the Banerjis' experience (above), this model theory explains Borland's observation that:

"It is sometimes said that certain drugs are effective in high potency and certain drugs only effective in low. I do not think this is so. The reason certain medicines have been found effective more commonly in low potency turns on the point of general similarity. Most of the drugs which are use exclusively in low potencies have not been fully proved; we have no knowledge of their finer differentiating points, we only have a knowledge of their broader effects. So when you use one of the these drugs in a higher potency you cannot accurately match the finer differentiating symptoms of the case. The higher you go, the more accurate the prescribing must be; in low potency a general similarity is enough to give an effect." (Borland, 1939)

Conclusions on Remedy Preparation and Potency

The Function of Succussion

The succussion process is very much more than a trivial way of mixing up the solution at each stage of dilution. When one looks at what is known today about the physical chemistry of water, and when you factor in what is known about stage-wise separation processes ("fractionation"), succussion (combined with interstage dilution) could play a significant part in the preparation of remedies and is a rational explanation of "higher" remedy potency at "higher" dilutions.

A frequent objection raised from the 'ultra-dilutionist' viewpoint is that very few of the original tincture molecules exist in the solution above 12c potency. In this model, none of the original tincture molecules are required to be present, hence the so-called Avogadro limit of the solute (remedy) is completely irrelevant.

How do air dried pillules carry the remedy?

Remedy stability on the lactose surface does need some explaining. And further research. We need to show how the remedy 'information' is preserved. One possibility lies, perhaps, in the ever-pervasive thin water film on any cool surface exposed to air.

Since the water solvation process is probably a reversible exchange with the -OH groups on the lactose surface, one might expect some 'etching' of the cluster geometries on the lactose (or sucrose) lattice. The clusters are stable, the lactose is stable, so it's reasonable that the thin film of clusters reversably bonded to the lactose surface (and diffused into it) would be stable also. This could preserve the unique informational characteristics of the remedy for, perhaps, quite a long time. Maybe even for 150 years, as some practitioners have found.

Either by popping a pill into the mouth or by dropping it into water first, the saliva or water will instantly dissolve / resolvate the cluster film and restore the original cluster isomers. "Plussing" a remedy by dropping the pillule in water and succussing between doses effectively raises the potency, i.e. concentration of clusters in the mix. Note that alcohol has -OH groups too, just like any sugar such as lactose, so it can act as a stabilizer or preservative for the remedy.

What are the implications for the *Materiae Medica*?

If the above explanation of the potentizing process is thought to be reasonable, then our way of organizing the *materia medica* probably needs to be changed. The Banerji family (see above) may be pointing the way. Over a 30-year period, they have experimented with groups of up to 100 patients each, using each remedy at a given potency and have concluded that the same remedy got clearly different actions when used in different potencies.

Therefore any new provings (or reprovings) should perhaps look at sub-sets of specific potencies for a given remedy, instead of trying to discern a fuzzy master-set of symptoms. Note that the overall remedy “pictures” in the *Materiae Medica* often include opposite symptoms!

What is the relationship between the ‘Vital Force’ and the symptom-remedy?

Today, we already know that clustered water is bio-active. For example, (Pertsemlidis, 1998) found that the geometry of the water cluster helps amino acids fold themselves in the proper fashion to make functional proteins.

But this is not necessarily the only way that the water clusters can affect the organism if we examine Hahnemann’s concept of the ‘vital force’ (or ‘life force’).

“The totality of these symptoms is the outwardly reflected image of the inner *Wesen* of the disease, that is, of the suffering of the life force.” (§ 7 *Organon* 6th edn)

This is Hahnemann's homeostatic action–reaction model. The mistunement of the life force is the disease that must be cured.

This Vital Force concept is the biological equivalent of the industrial temperature controller, which is a mechanical or electrical device that compares an actual temperature (input) to an ideal “normal” temperature setting (set-point). Then the controller (via internal tunable response settings) initiates control action (output) to minimize the difference. For example, the controller may open a steam valve (output) to heat up a hot water storage tank if the water gets too cold.

If this temperature controller encounters an abnormally large drop in temperature, the human operator can accelerate the corrective action by momentarily “bumping” the temperature setting up. The controller will exaggerate its correcting output to the system and drive the temperature faster towards its correct setting. If the “simillimum” remedy provides a similar ‘symptom bump’ to the Vital Force, then the organism will approach the healthy homeostasis much faster too.

Of course, if we bump the controller too much (dose too high) we’ll get an ‘aggravation’ of temperature initially, coupled later (due to controller reaction) with rebound the other way (a secondary action) where temperature drops too low (the opposite symptom).

So if we assume that the behavior of the Vital Force finds its exact analog in the industrial controller model, particularly since we can extend the model to a network of “cascaded” control systems, we find a

likely reason why the materia medicae lump together apparently polar or opposite symptoms for the larger remedies, since the provings use differing doses, dosing schedules and potencies.

Now, if the tunable control response settings within the controller itself start to drift, then it may no longer be able to maintain temperature control at the desired homeostatic equilibrium. This results in a bias away from the desired homeostatic state. This kind of mistunement finds its biological equivalent in the miasm. The controller needs to have its internal response settings ‘tweaked’ by the human mechanic so that stable and accurate control of the temperature is regained, whereas in the organism we need to ‘tweak’ the control ‘settings’ by using the appropriate miasmatic remedy.

Of course, this explanation still begs the following question:

What is the biological representation of the ‘vital force’?

Together with the mathematician Roger Penrose of Cambridge, (Hameroff, 2001) has sought a physical–biological explanation of consciousness.

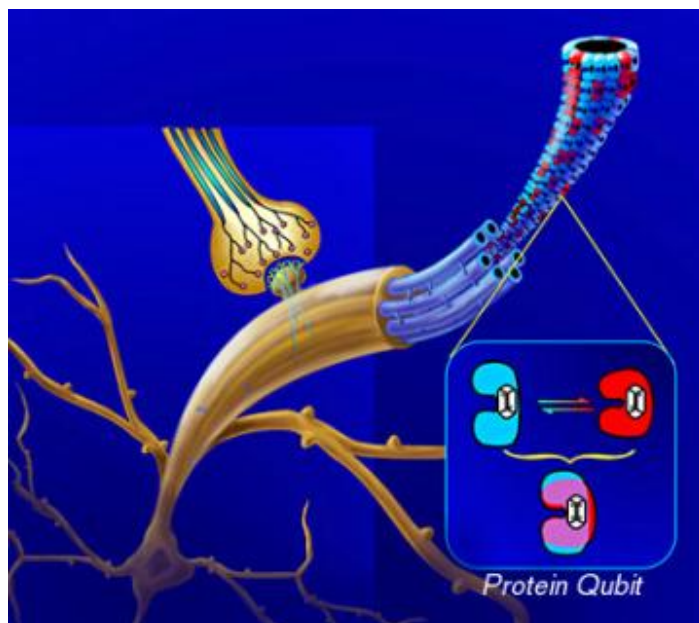


Figure 7. Penrose-Hameroff Model of Microtubule Structure in Neurons

These researchers have proposed that microtubules in our brain are the seat of our conscious mind and consist of quantum microswitches (protein qubits) which contain ‘pure’ ordered water. This ordered water can be in either of two quantum states or in a third transition state (see Figure 7 above).

Microtubules are components of the cytoskeleton that surrounds every cell of the organism. They have even been discovered in animal fossils.

The microtubules (see Fig. 8) interconnect every cell in a multicellular organism, possibly being the means to extend the brain's consciousness throughout the entire body. It explains why we have mind-body interactions, such as psychosomatic pain.

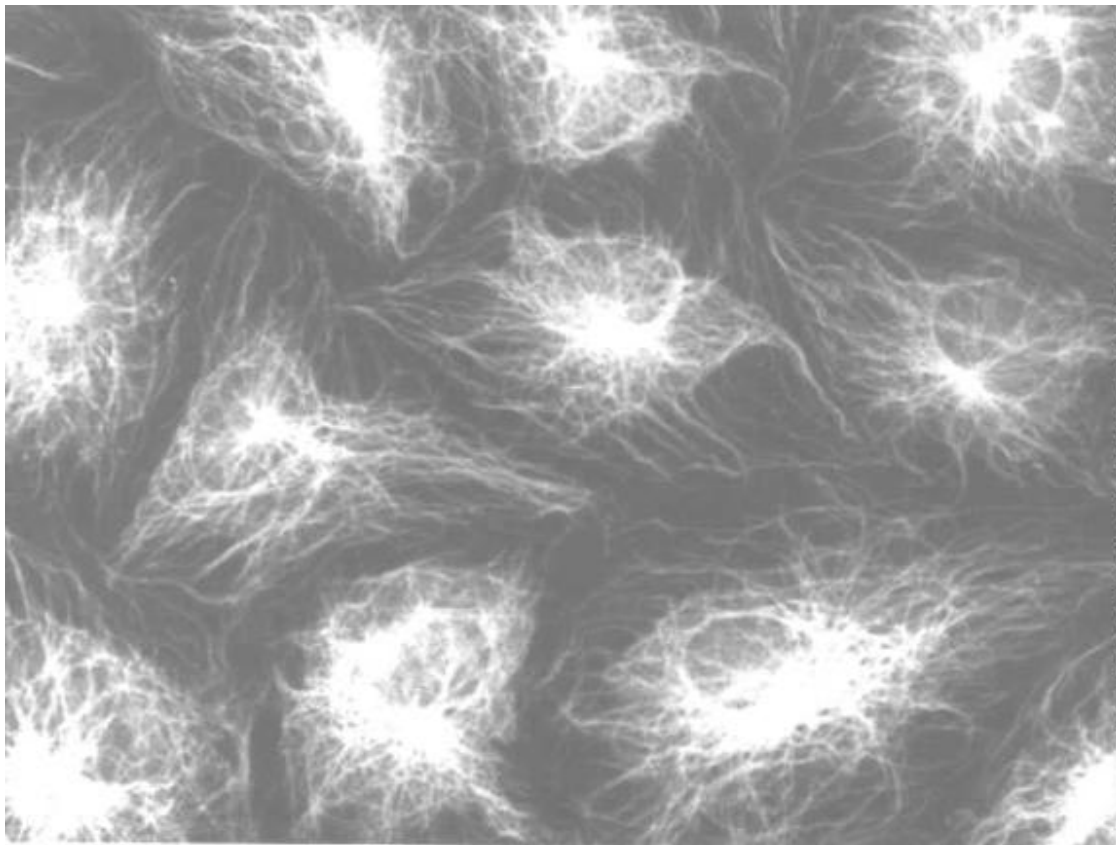


Fig. 8 The extensive distribution of microtubules can really be appreciated in the light microscope after immunolabeling for tubulin with fluorescein-labelled antibodies. This micrograph shows cells in culture labelled for tubulin. The labelling is so fine, the small microtubules can be delineated.

Figure 8 shows that microtubules permeate the cells and the entire internal milieu of the organism in an interconnected network. This is exactly analogous to an industrial “cascaded” control network where control loops at a low level in the process have their ideal settings controlled by higher loops which, in turn, are controlled by even higher loops in the cascade. In the microtubule network, information flows both up and down the network in similar fashion.

Hameroff and others think that just about every aspect of health and disease is related at some level to consciousness, and in every mammalian system, the microtubules are essential. They suggest that we consider the macrophages and lymphocytes of the immune system— and find that the recognition, amplification, mobility and engulfment of foreign invaders all occur by the direction of the microtubule network.

They also note that there are many papers about the role of the cell cytoskeleton in genome regulation in cancer. Also, there is ample evidence for the fact that the internal microtubules of the cell control mitosis

(cell division), regulate the genes, decides which genes to turn on, and so forth, not only in terms of differentiation in development, but also in health and in the steady state. They believe that consciousness, the microtubules and quantum coherence play essential roles in health and disease.

Conclusions

So how do the water cluster model and the microtubule network relate to homeopathy?

First, such a biological network offers all the action / reaction properties that Hahnemann observed in his concept of the homeostatic Vital Force.

Second, we know from experience that we are able to apply a homeopathic remedy containing our bioactive species anywhere on the body to affect and retune the Vital Force. This also is in accord with the concept of a biologically interconnected network.

Third, we know that Mental symptoms are often important in selecting a remedy. The microtubule network seems to explain the mind-body connection.

Fourth, we know that the microtubule network is made up of proteins which require specific configurations with water molecules, i.e. water clusters, in order to create themselves in the proper geometry and make the network function. If there is an error in this function, it will express itself as a disease symptom and may propagate attunement error to other parts of the microtubule network to express further errors / disease symptoms. As the disease progresses, we would expect to see the symptom “layers” that one method of homeopathy attempts to treat in reverse order. (Which is also reminiscent of Hering’s Law).

Lastly, Hameroff notes that the quantum state of the microtubule’s elemental building block (the qubit in Fig. 7) can be altered by an “ordered” water structure attached to the external side of the microtubule. If so, then we have an explanation of the effect of the water cluster remedy on the microtubule.

The water cluster (or clusters), that are specific to the problem, simply throws the right switch (or switches) to correct the error in the network.

Unfortunately, the work being done on protein nanochemistry is in its very early stages and seems to be focussed, at present, in directions other than the fundamental role that water plays. In fact, one specialist in the field told me recently that water “was a bit of a nuisance” in delineating theoretical models.

Meanwhile, it will be fascinating to see someone attempt the research to see how homeopathic water cluster preparations specifically affect isolated functions of the microtubule control network, perhaps along the lines of Buehler’s work with centriole clusters of microtubules (Buehler, 2002).

REFERENCES

NOTE: Some of the website references below have become outdated but can be retrieved from the www archives at : <http://web.archive.org/>

- Andersson, 1997. P.U Andersson, A. Tomsic, M.B. Andersson, and J.B.C. Pettersson, "Emission of small fragments during water cluster collisions with graphite surface" *Chem. Phys. Lett.* 279 (1997) 100-106.
<http://www.phc.gu.se/~nagard/clustera.htm>
 (See also Scattering of water from graphite: Simulations and experiments
 N. Markovic', P.U. Andersson, M.B. Någård, and J.B.C Pettersson
Chem. Phys. 247 (1999) 413)
- Anick, 1998. "Stable Zwitterionic Water Complexes: The Active Ingredient in Homeopathy?" David J. Anick, Ph.D., M.D. Presented in part at the 4th Scientific Symposium of the Homeopathic Research Network, Washington, DC, November 14-15, 1998. Also in the Fall issue of *Journal of the American Institute of Homeopathy (JAIH)*, 1999.
- Banerji, 1985. Banerji, P. "Principle of Quick Selection of Drugs and Potencies Established by Clinical Trials." Presented and published in the *Proceedings of 40e Congress De La Ligue Medicale Homoeopathique Internationale Lyon - France - 26-30 Mai, 1985.*
- Beneviste, 1999. J. Benveniste, J. Aïssa, and D. Guillonnet. "The Molecular Signal is not Functional in the Absence of Informed Water." *Abstract FASEB Journal*, 1999, vol. 13, p. A163)
<http://www.digibio.com/cgi-bin/node.pl?nd=n9>
- Blakeslee, 2001. Sarah Blakeslee. "Science's Elusive Realm: Life's Little Mysteries", Copyright 2001 The New York Times Company, April 24, 2001.
<http://www.nytimes.com/2001/04/24/health/24LIFE.html?ex=991637139&ei=1&en=dfd4cac4ad6c3e03>
- Buehler, 2002. Guenter Albrecht-Buehler . "Are microtubules the 'nerves' of the cell? " (and other page links).
<http://www.basic.nwu.edu/g-buehler/contents.htm#cont3>
- Borland, 1939. Borland, Douglas M.: *Pneumonias* . Pamphlet published by the The British Homoeopathic Association, 76 pages, 1939.
- Demangeat, 2001. Demangeat J.L. and Poitevin B, "Nuclear Magnetic Resonance: Let's consolidate the ground before getting excited!", *British Homeopathic Journal* (2001), 90, 2-4, Nature Publishing Group
- Hameroff, 2001. Website of Stuart Hameroff MD, Professor, Departments of Anesthesiology and Psychology, Associate Director, Center for Consciousness Studies, The University of Arizona, Tucson, Arizona:
<http://www.consciousness.arizona.edu/hameroff>
- Jongma, 1998. Rienk T. Jongma, Yuhui Huang, Shiming Shi, and Alec M. Wodtke, "Rapid evaporative cooling is a way to suppress fragmentation in mass spectrometry: Synthesis of unprotonated water clusters", *J. Phys. Chem. A* 102:8847-8854 (1998),
<http://www2.chem.ucsb.edu/~wodtkelab/viewpdf.jpg>
- Little, 1997-2001. Private communications between David Little and the author on the "homeopathy@lyghtforce.com" email list. See archives at:
<http://www.listquest.com/lq/search.html?In=homeopathy>
- Milgrom, 2001. Milgrom L R, King K R, Lee J, Pinkus A S (2001) "On the investigation of homeopathic potencies using low resolution NMR T2 relaxation times: an experimental and critical survey of the work of Roland Conte et al", *British Homeopathic Journal* 2001 90, 5-13, Nature Publishing Group.
- Pertsemliadis, 1998. A. Pertsemliadis, A. M. Saxena, A. K. Soper, T. Head-Gordon, and R. M. Glaeser. "Direct evidence for modified solvent structure within the hydration shell of a hydrophobic amino acid." *Proc. Natl. Acad. Sci. U. S. A.*, 93(20), 1998, p.10769-10774.
<http://innovation.swmed.edu/~pertsemliadis/WaterANDProteinFolding-N.html>

Sharma, 1990. Sharma, R.R. "Molecular Basis of Homoeopathy." Homeopathy International, May 1990, 16-19.

Wisniewski, 2001. E. S. Wisniewski, D. E. Folmer, A. W. Castleman Jr., "Spectroscopic studies of cluster species." Final Program #383, PHYS Fall 2000 Technical Program, 222nd ACS National Meeting, Chicago, ILL, Aug 26-30, 2001.

Yui, 2000. Yui, Hiroharu, Ph.D., "Analysis of Hydrogen Bonding Structure around Hydrophobic Cores in Ethanol Water Solution Using Laser Induced Excess Electron-Stimulated Raman Scattering Technique", PacifiChem 2000, Honolulu, Hawaii, December 14-19, 2000.

FIGURES

FIG.1 Typical water cluster isomers.

Chaplin, M. F., (2000) A proposal for the structuring of water. Biophys. Chem., 83 (3), 211-221. See Chaplin's website at:

<http://www.martin.chaplin.btinternet.co.uk/index.html>

FIG.2 Photo of a Laser induced cavitation bubble imploding.

Suslick, K.S., "The Chemical Effects of Ultrasound", Scientific American, Feb 1989, pp. 80 - 86.

FIG. 3 Mass Spectrum of Water cluster size vs deflection frequency

Garching FT-ICR Laboratory

Lehrstuhl II für Physikalische Chemie

der Technischen Universität München

<http://verona.phys.chemie.tu-muenchen.de/projects/icr/water.highscore.web.jpg>

FIG. 4 Dose Size versus Water Cluster Size Range As a Function of Potency.

Illustration by author.

FIG 5 & 6 also by the author.

FIG. 7 Penrose-Hameroff Model of Microtubule Structure See (Hameroff, 2001).

FIG. 8 This micrograph shows cells in culture labeled for tubulin

1996 Gwen V. Childs, Ph.D.

http://cellbio.utmb.edu/cellbio/microtubule_structure.htm

Born in Scotland, the son of a homeopathic physician, Brian R. Connelly MS,MBA,LMHC trained as a chemical engineer at Imperial College, London. Several years later in the USA, after selling his industrial control systems company, he went back to college to train for retirement as a psychotherapist. Along the way of self-study, he discovered the late Dr Edward C. Whitmont's books, attended one of Whitmont's last weekend seminars in Vermont, and rediscovered an interest in homeopathy. He practises privately as a licensed counsellor and therapist in Topsfield, MA and maintains a website at:

<http://home.attbi.com/~brc17/>

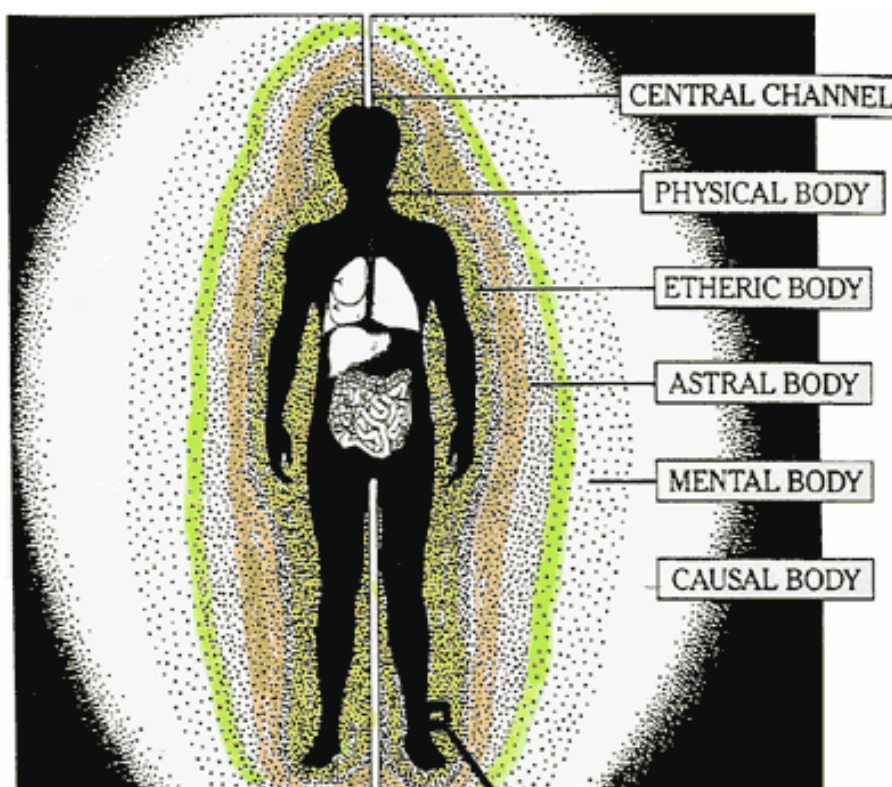


MIASMS: What are miasms?

Miasms are like echoes of the original **physical illnesses or toxic poisons** that are given to us by both our family lines or acquired during our lifetime.

They are **resonances of negativity** or harmful vibrations powered from these original physical illnesses or poisonous substances.

The Human Energy Field

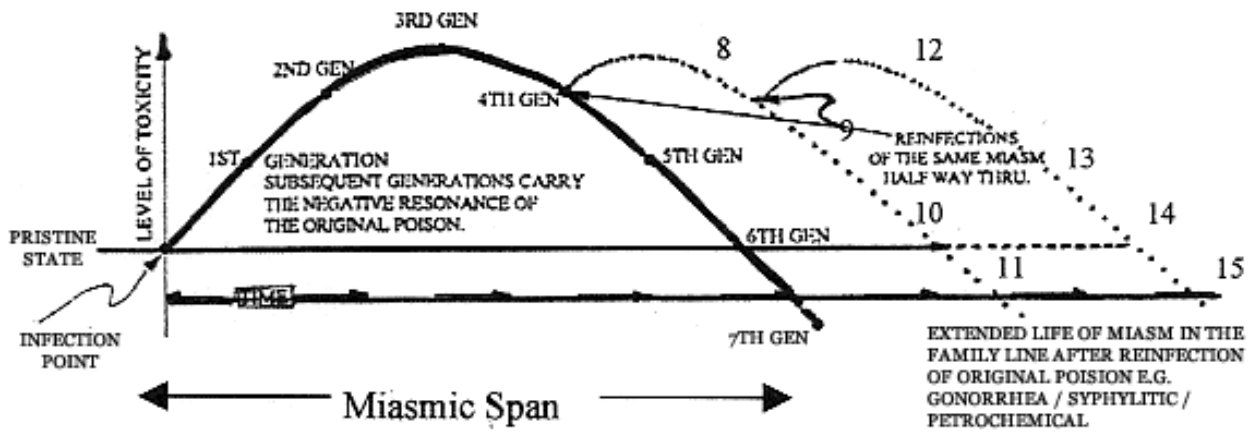


The Pristine State of man showing his complete energy field

Miasms are present primarily in our body's connective tissue but are also found in the subtle bodies especially the ETHERIC, the ASTRAL and the MENTAL.

The Etheric holds 70% of these miasms. The Astral and the Mental hold 10% between them.

Unless miasms are eliminated, they last for our entire lives. They attract toxic poisons present in the blood stream, and layer them into the connective tissue from where they set up a **predisposition to illness in the life-time of the person.**



SCHEMATIC DIAGRAM OF A SINGLE MIASM



HAHNEMANNIAN HOMEOPATHY:

<http://www.simillimum.com/TheLittleLibrary/Greathomeopaths/HAM1.html>

David Little 1996.

Classical Homeopathy

Classical Homeopathy is based on the teachings of Samuel Hahnemann as presented in *The Organon of the Healing Art*. This masterpiece expounds the four cardinal maxims of the Homeopathy;

1. **Likes Cure Likes,**
2. **the Single Remedy,**
3. **the Minimal Dose, and**
4. **the Potentized Remedy.**



These principles form a system of checks and balances which makes the Doctrine of Similars a safe and effective *modus operandi*. Even in the first comprehensive work on the new method, *The Medicine of Experience* (1805), these four golden rules were present. This is the essence of Homeopathy.

The first edition of *The Organon of the Healing Art* appeared in 1810, and in order to update this material, subsequent editions were published in 1818, 1824, 1829 and 1833. The 6th and final edition was completed shortly before Hahnemann's death in 1843, but unfortunately, it remained unpublished until the German edition of 1920 and English version of 1921. These documents record the evolution of Classical Homeopathy through 7 levels of development. This is one of the reasons why so many conflicting statements are attributed to Samuel Hahnemann. It is only through a careful study of the historical development of Homeopathy that these apparent contradictions are overcome.

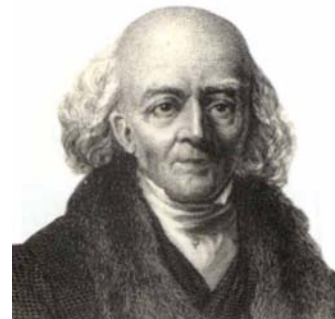
The 4th Organon & the 1st Chronic Diseases

Classical Homeopathy as commonly practiced was established in the late 1820's. These were watershed years for Homeopathy as they represent the beginning of the most productive period of Hahnemann's career. The year 1828 brought the publication the 1st edition of *The Chronic Diseases, Their Peculiar Nature and Their Homeopathic Cure*. This work contained new material on the pathogenesis of chronic diseases, the materia medica and case management. *The Chronic Diseases* was quickly followed by the publication of the 4th *Organon* (1829) which further elucidated homeopathic philosophy, case taking and methodology.

In these foundation works Hahnemann introduced the theory of the vital force, the doctrine of the chronic miasms, and the immaterial 30c potency. The Hofrath lectured on our spiritual nature and the dynamics of vital force, while at the same time, refuting the *tolle causum* (one-sided causation) and *materia peccans* (materialistic basis of disease) of the orthodox schools. In his new healing system psychological and constitutional factors, the complete aetiological constellation, and the signs and symptoms are used as a guide to the choice of curative remedies.

The Single Unit Dose

Over the following fifteen years Homeopathy went through a tremendous transformation as Hahnemann sought to consummate his system. During these years four new editions of the Chronic Disease (1830, 1835, 1837, 1839) and the 5th (1833) and 6th (1842) editions of The Organon were written. During this period the Master Homeopath introduced several new innovations that brought the homeopathy closer to perfection. The 1st Chronic Diseases and the 4th Organon are companion volumes in which Hahnemann taught the administration of a single unit dose of one or two poppy seed size pellets.



Vide the aphorism 242 of the 4th Organon.

"As long, therefore, as the progressive improvement continues from the medicine administered, so long we can take for granted that the duration of the action of the helpful medicine, in this case at least, continues, and hence all repetition of any dose of medicine is forbidden."

The same point is also stressed in Aphorism 245.

"Even one dose of the same medicine which has up to now proved beneficial, if repeated before the improvement has begun to stand still in every direction, will, like an untimely interference, only aggravate the state....."

Hahnemann again reminds us at the end of this paragraph:

"In one word, we disturb the amelioration affected, and still to be expected from the first dose, if we give a second dose of the same originally well chosen remedy before the expiry of the period of action of the first; at all events, we thereby delay the recovery."

The Wait and Watch Method

These aphorisms introduce the "wait and watch" philosophy which is a manifestation of the principle of minimal intervention, another important aspect of the maxim of the minimal dose. If the sufferer is improving after the administration of the first dose of a remedy, all repetitions of the dose are completely counter indicated. It is only when there is a clear relapse of the symptoms that a second dose of a remedy may be administered. This injunction was introduced to prevent disruption of the healing process by the premature repetition of the remedy.

Hahnemann noticed that premature repetition of a dose often caused a relapse of symptoms as well as accessory symptoms (side-actions) of the remedy to appear. This mixture of natural and remedial symptoms confuses the picture and slows down the cure. This is why classical homeopaths are very conservative about the repetition of the remedy before there is a definite relapse of the symptoms. This demands great patience because even during a slow amelioration the sufferer must wait for a relapse of symptoms before they may take another dose. The 30c potency had shortened the time of cure but the entire process was still taking to long.

(Because Wait and Watch theory, was harder to administer that Hahnemann started using the LM scale of dilutions...he found that the remedy could be repeated daily if needed, bringing a quicker recovery rate with fewer aggravations).

Some of Hahnemann's more enthusiastic disciples took it on themselves to begin experimenting with potencies well above the level he introduced. The advocates of the new higher potency included Dr. Schreter, General Korsakoff of Russia, and Jenichen of Wismar. The Father of Homeopathy was concerned that their unorthodox methods of remedy preparation would destroy the pharmaceutical standards he introduced in 1828. For this reason he wrote letters to Schreter and Korsakoff recommending that all homeopathic remedies be made by the methods introduced in *The Organon* and called for a limit on potency at 30c.

Two of his closest disciples, Dr. Stapf and Gross, were supporters of the new high potency movement and they quietly lobbied the Old Doctor to perform his own experiments. The era of the 4th *Organon* may be called "The Limit Maker" because Hahnemann sought to control the rapidly expanding power of his homeopathic system. As he raised the potencies he simultaneously reduced the size of the dose from 1 drop of the stock bottle to only 1 or 2 poppy seed sized pellets. After reducing the size of the dose he also limited the posology to the single unit dose and cautioned against any premature repetition of the remedy. Finally, he suggested a limit on the potency at 30c level made by his pharmaceutical methods. All of these rules were safety measures Hahnemann introduced while he sought to overcome the difficulties that still remained in his system.

The New Posology (the science of the dosage of medicines)

Hahnemann was not completely satisfied with the posology methods and case management he developed in the late 1820's. He wanted to improve the single unit dose "wait and watch" method, especially in resistant chronic diseases. The old master felt there must be a more efficient way of administering his remedies so he began a new set of posology experiments. As early as the *First Provers Union* he used aqueous solutions to dilute remedies to control their powers during provings. With this in mind he decided to run trails on the action of the remedies in aqueous solution and compare the results with the single unit dry dose.

The 5th edition of *The Organon* was published by Samuel Hahnemann in the year 1833. This was followed by the publication of the 3rd, 4th and 5th editions of *The Chronic Diseases* in years 1835, 1837 and 1839 respectively. In these twin manuscripts he developed the sixth level of the homoeopathic system. In aphorism 285, 286, 287 and 288 he clearly states his view that the aqueous solution is far superior in every way to the use of dry pellets. This is the final outcome of many years of experimentation with both methods.

Vide aphorism 286.

"For the same reason the effect of a homeopathic dose of medicine INCREASES THE GREATER THE QUANTITY OF FLUID IN WHICH IT IS DISSOLVED WHEN ADMINISTERED TO THE PATIENT although the actual amount of medicine it contains remains the same. For in this case, when the medicine is taken, it comes in contact with a much larger surface of sensitive nerves responsive to the medicinal action. Although theorist may imagine there should be a weakening of the action of the dose of medicine

by its dilution with a large quantity of liquid, experience asserts exactly the opposite, at all events when the medicines are employed homeopathically."

At the same time, Hahnemann offered one more critical details in the note to aphorism 287 which is essential to the new methods. THIS IS THE IMPORTANCE OF SUCCUSSING THE REMEDY SOLUTION IMMEDIATELY BEFORE ADMINISTRATION in the same manner as one succusses the homeopathic dynamization when preparing the stock potencies. In the note to this aphorism Hahnemann points out that anywhere from 1, 2, 3, to 10 or more succussions will progressively increase the potency of the aqueous remedy solution.

From this solution one or more teaspoons are given to the patient as a dose whenever necessary. In this way the homeopath makes a more powerful solution that penetrates deeper than the dry dose, yet at the same time, the remedy acts more gently on the vital force. THIS IS ONE OF THE MAJOR WAYS TO ADJUSTING THE DOSE TO FIT THE SENSITIVITY OF THE CONSTITUTION.

Hahnemann pointed the way forward in aphorism 287 when he asks homeopaths to use their own experience to guide them in adjusting the dose to suit the patient.

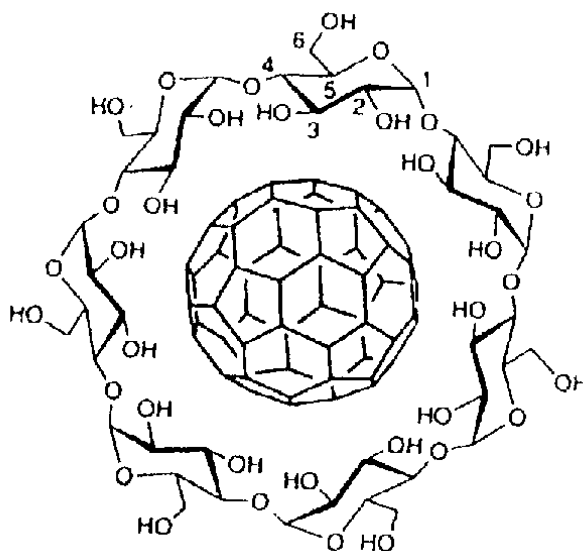
Vide Organon,

".....everyone will be able to judge for himself how to proceed with regulation of the homeopathic medicinal doses when desiring to diminish their medicinal action as much as possible, in order to make them suitable for the most sensitive patients."

The remedy solution must be succussed an appropriate number of times just before ingestion to make it harmonic to the sensitivity of the patient. The most sensitive constitutions may only need 1 or 2 succussion, whereas in the less sensitive types, 10 or more may be necessary to get a response. The average number of succussions suggested in Hahnemann's *The Chronic Diseases* is 5 or 6. In this way the dose and potency may be tuned to suit the sensitivity of the constitution. The method is called *adjusting the dose* and is one of the greatest gifts of the 5th Organon.

Hahnemann Revises his Views

Hahnemann experiments with the medicinal solution lead to a review of the 30c limit he set on potency in his letters of 1829 and 1832. He knew through his own experiments that the high potency remedies the very powerful, but at the same time, he worried about the aggravations they cause. He was also concerned about a loss of homeopathic pharmaceutical standards making uniform results difficult. Some of Hahnemann's closest disciples were disappointed and spoke to the Master about their experiences with the higher potencies. They discussed



the pros and cons of the potency question and its potential effects on the future of homeopathic practice and pharmacy.

After deep consideration Dr. Hahnemann decided to publicly support the high potency movement, but with certain cautions concerning their usage. In the 5th edition of *The Organon* Hahnemann publicly supported the high potency movement. In the note to aphorism 287 he recorded his own experiences of the use of the 60th, 150th and 300th centesimal potencies. The fact that the medicinal solution and the use of high potencies are introduced together in *The Organon* shows that Hahnemann was working hard to perfect the homeopathic system. With the medicinal solution he felt he now had the means to control the power of the ultra high potencies.

The Middle Path

Another important feature of the 5th *Organon* is Hahnemann revision of his views on the repetition of the dose. In the 4th edition he outlined the single unit dose and the philosophy of the "wait and watch" method which was also in the first edition of *The Chronic Diseases*. In the aphorisms 245, 246 and 247 of the 5th *Organon* Hahnemann introduces what he calls the middle path concerning the methods of repeating the remedies. Hahnemann begins his discourse on posology by clarifying the proper view of the single unit dose and when it is applicable in treatment. He begins his new review in aphorism 245.

"Every perceptibly progressive and STRIKINGLY INCREASING AMELIORATION in a transient (acute) or persistent (chronic) disease, is a condition which, as long as it lasts, completely precludes every repetition of the administration of any medicine whatsoever, because all the good of the medicine taken continues to effect, is now hastening toward its completion. Every new dose of any medicine whatsoever, even of the one last administered, that has hitherto shown itself to be salutary, would in this case disturb the work of amelioration."

Notice the words **strikingly increasing amelioration**. Anytime there is a dramatic reaction to the first dose of a homeopathic remedy there is no need for repetition as long as this dynamic affect is progressing. If the dose is repeated under these circumstances it will interfere with the dynamic reaction of the vital force and disrupt the cure. Unfortunately, such marvellous cures are not that common, especially in chronic complex diseases. Many chronic patients only slowly improve over a period of months to years under the influence of a constitutional remedy. What should we do to speed the cure? Hahnemann sheds light on the situation in aphorism 246. Vide *Organon*.

"On the other hand, THE SLOWLY PROGRESSIVE AMELIORATION consequent on a very minute dose, whose selection has been accurately homeopathic, when it meets with no hindrance to the duration of its action, sometimes accomplishes all the good the remedy in question is capable of performing by its nature in a given case, in a period of forty, fifty or a hundred days. This is however, rarely the case, and besides, IT MUST BE A MATTER OF GREAT IMPORTANCE TO THE PHYSICIAN AS WELL AS THE PATIENT THAT WERE IT POSSIBLE, THIS PERIOD BE DIMINISHED TO ONE-HALF, ONE



QUARTER, AND EVEN STILL LESS, which many often repeated observations have shown under three conditions.

Firstly, the correct homeopathic remedy must be chosen by the totality of the symptoms.

Secondly, the remedy is to be given in the minimal dose so as not to overexcite the vital force. (*The remedy is to be prepared with one, rarely two pills in an aqueous solution. Vide aph. 285, 286, 287 and 288. D.L.*)

Thirdly, the remedy may be repeated at suitable intervals to speed the cure, if necessary, without producing aggravations."

Hahnemann was frustrated by cases which demonstrated only a slow improvement, as by the rules of the 4th Organon, there was no way to speed the cure. He was not happy with having to wait for the relapse of symptoms before repeating the remedy in a slow moving case. This was making the cure take too long. This led the good doctor to perform countless experiments as he knew there must be a better way.

The Master Homoeopath began a set of experiments with the aim of overcoming the obstacles in the way of a rapid, gentle and permanent cure. In the note to aphorism 246 Hahnemann calls his method the "middle path" in reference to the fact it represents the balance point between the exclusive single dose and the routine repetition of the remedies. The new posology maxim states that anytime the first dose produces a STRIKING AMELIORATION NO MORE MEDICINE IS NEEDED FOR THE TIME BEING. If, on the other hand, the first dose only produces a SLOW AMELIORATION THE REMEDY MAY BE REPEATED AT SUITABLE INTERVALS TO SPEED THE CURE.

This new methodology can only be carried out if the remedy is PREPARED IN A MEDICINAL SOLUTION AND GIVEN IN A "SPLIT-DOSE". If the homeopath is still using the dry pellet dose then they must follow the rules as given in the 4th Organon. This means the homeopath can only repeat a remedy when there is a definite relapse of the symptoms even if the person is only slowly improving.

With the medicinal solution, however, THE REMEDY MAY BE REPEATED AT SUITABLE INTERVALS AS LONG AS THE PATIENT IS IMPROVING WITHOUT ANY AGGRAVATIONS. This is how the cure can be reduced to one half or less the time it takes with the ordinary dry dose method. These are some of the directions contained in the 5th Organon on the advanced methods of using the centesimal potencies. This methodology led the way to the methods of the 6th Organon and the LM potency.

In order for the homeopath to understand how to properly repeat the dose, Hahnemann states that they must have knowledge in three vital areas. **1. The nature of the remedy, 2. The nature of the constitution, and 3. The nature of the disease.**

1. The nature of the remedy. The homeopath should study the patterns of remedy activity, duration, and depth of action. In general, non-toxic plant remedies have shorter duration and a more gentle action. Mineral remedies tend to act deeper and possess a longer duration of activity. The nutritional minerals tend to be relatively more gentle than the toxic mineral elements. Toxic plants, minerals, and nosodes

tend to need more care in the usage and the homeopath should be more conservative in both potency and repetition.

2. The nature of the constitution. The homeopath must study the physical constitution and psychological temperament of the patient and their susceptibility factors. The quick moving, nervous, allergenic and emotionally unstable types are usually more sensitive than those of a slower moving, calm, and generally more tolerant nature. The state of the constitutional sensitivity should be analysed if the homeopath is to prevent aggravations and complications.

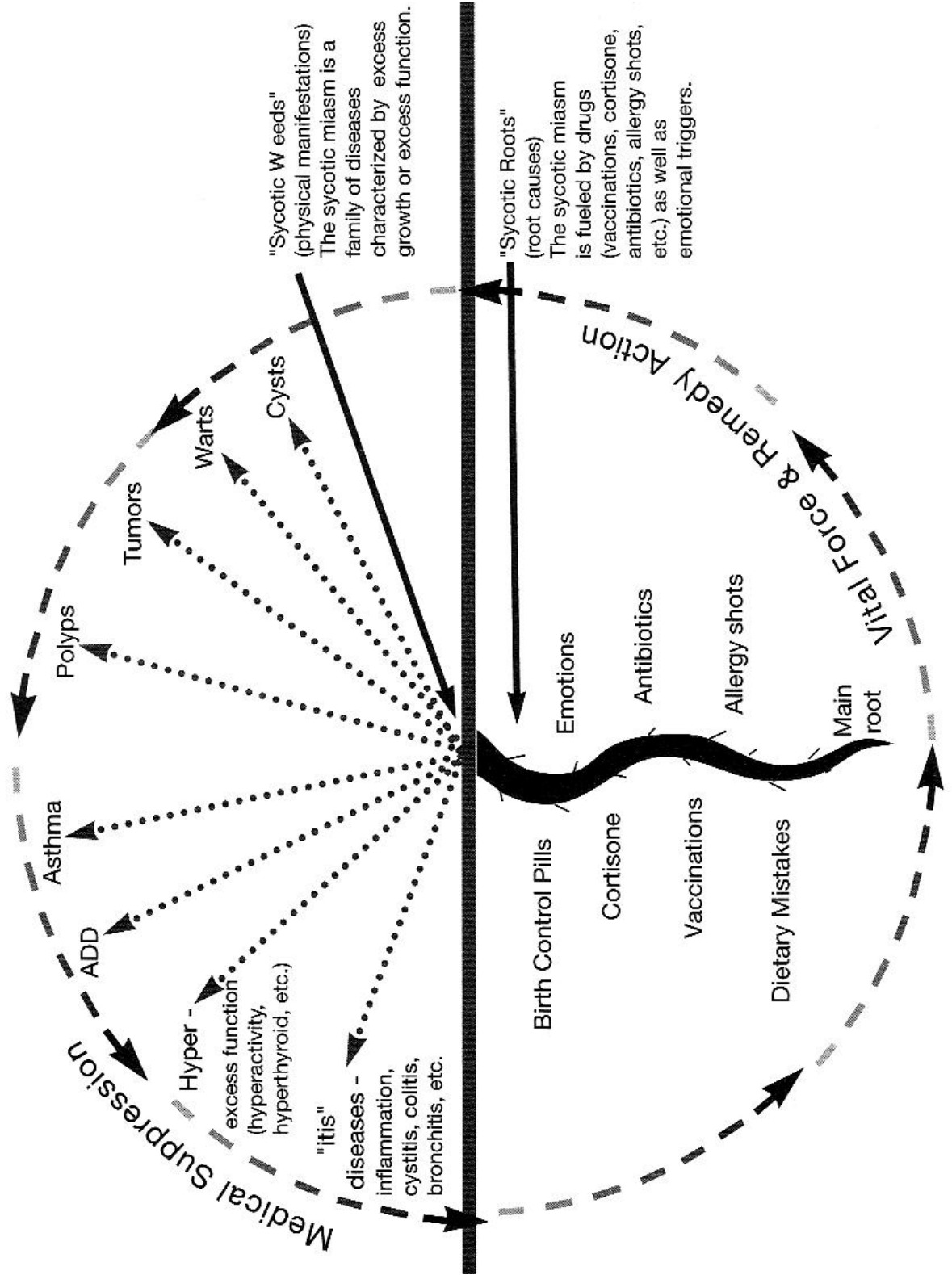
3. The nature of the disease. The homeopath must perceive the nature of the acute and chronic diseases and their cycles. Generally disorders that involve rapid development, hyperactive tendencies, allergenic responses, and nervous irritability are more reactive than in those of a slow, progressive, and insidious nature. Those with advanced pathology and weakened vitality are often more sensitive to remedies than those with functional disorders and average general health.

If the homeopath understands these three areas it becomes easier to safely repeat the homeopathic remedies if and when needed.

Therefore, Hahnemann introduced three new revelations in the 5th edition; **the introduction of the higher potencies, the use of the medicinal solution and the repetition of remedies at suitable intervals when needed.** In this way the 5th Organon can be truly called "**The Limit Breaker**" as Hahnemann removed the 30c ceiling on potency, overcame the obstacles associated with the dry does, and removed the restriction on the repetition of the remedy when it was necessary to speed the cure.



The Sycotic Miasm and Suppression



The MEDICINAL SOLUTION:

David Little 1996.

The Limitations of the Dry Dose

The next major renovations in the practice of Hahnemannian Homeopathy appear in the second part of the 1837 edition of **The Chronic Diseases** in the article called *Concerning the Technical Part of Homeopathy*. This is a very valuable article as it acts as the technical complement to the techniques he introduced in the 1833 edition of the **5th Organon**. Hahnemann intended that the various editions of Organon and The Chronic Diseases to be read together as they form a complete picture of the latest developments in Homeopathy.

These techniques not only brought the centesimal system of homeopathy closer to perfection, but also pointed out the direction it would be taking in the future. In the 1837 commentary Hahnemann begins by assessing his experience of the dosing procedures that he used during the late 1820's and shares the outcome of his latest research in homeopathy. He says:

"Since I last addressed the public concerning our healing art I have had among other things also the opportunity to gain experience as to the best possible mode of administering the dose of the medicines to the patients, and I herewith communicate what I have found best in this respect. A small pellet of one of the highest dynamizations of a medicine laid dry upon the tongue, or the moderate smelling of an open vial where one or more such pellets are contained PROVES ITSELF THE SMALLEST AND WEAKEST DOSE WITH SHORTEST PERIOD OF DURATION OF ITS EFFECTS."

Due to the great diversity of age, predispositions, sensitivities, physical constitutions, mental temperaments, reserves of vital powers, and environmental factors, etc., a homeopath needs a flexible dosage system that allows for the adjustment of the remedy for each individual case. This is something that the medicinal solution supplies. Vide The Chronic Diseases.

"Nevertheless the incredible variety among patients as to their sensitivity, their age, their spiritual and bodily development, their vital powers, and especially in the nature of their disease necessitates a great variety in their treatment, and ALSO IN THE ADMINISTRATION TO THEM OF THE DOSES OF MEDICINE".

The best way to adjust each individual dose of a remedy to the sensitivity of the individual constitution is to use the medicinal solution. This is because the aqueous solution is far more flexible than the dosage of the dry pills. Also of great importance is the following revelation that tells us why the untimely repetition of an unadjusted dose causes complications and explains the reason homeopaths disagree so much about the repetition of doses.

"Before proceeding, it is important to observe, that our vital principle cannot bear well that THE SAME UNCHANGED DOSE OF MEDICINE BE GIVEN EVEN TWICE IN SUCCESSION, much less more frequently to a patient. For by this the good effect of the former dose of medicine is either neutralized in part, or new symptoms proper to the medicine, symptoms which have never before been present in the disease appear, impeding the cure. Thus even a well selected homeopathic medicine produces ill effects

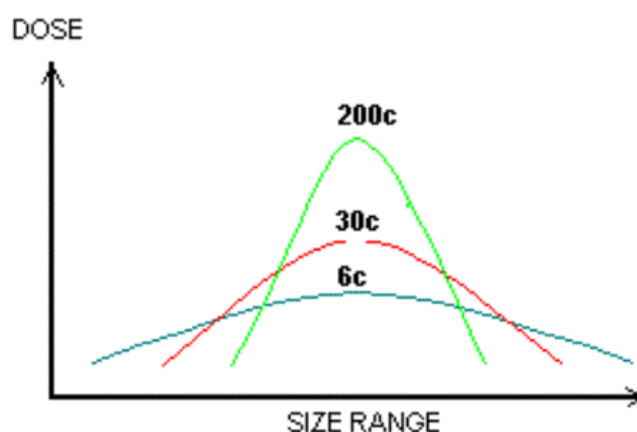
and attains its purpose imperfectly or not at all. THENCE COME THE MANY CONTRADICTIONS OF HOMEOPATHIC PHYSICIANS WITH RESPECT TO THE REPETITION OF DOSES."

The fact that the vital force can not adapt to the repetition of an unadjusted dose is the conclusion of around 40 years of experimentation and should not be taken lightly. In the 6th Organon Hahnemann adds that even with the perfect remedy it is unwise "to let the patient have a second or third dose taken dry".

The production of these side-effects is the main reason why repeating remedies before the relapse of symptoms is contraindicated in the classical homeopathy of the 4th Organon. The use of the medicinal solution overcomes this problem because it can be adjusted with succussions so that the patient never receives the exact same potency twice. Vide The Chronic Diseases.

"But in taking one and the same medicine repeatedly (which is indispensable to secure the cure of a serious chronic disease) if the dose in every case is VARIED AND MODIFIED ONLY A LITTLE IN ITS DEGREE OF DYNAMIZATION, then the vital force of the patient will calmly, and as it were willingly, receive the same medicine even at the briefest intervals, very many times in succession with the best results, every time increasing the well being of the patient. This slight change in the degree of dynamization is even effected, IF THE BOTTLE WHICH CONTAINS THE SOLUTIONS OF ONE OR MORE PELLETS IS MERELY WELL SHAKEN FIVE OR SIX TIMES".

The single unit dose is considered by many to be the only pure form of Classical Homeopathy as they are only familiar with the 4th Organon's "wait and watch" method. By 1833 the founder of Homeopathy was using the remedy solution in a split dose so he could repeat a homeopathic medicine whenever he felt it was necessary. Homeopathy as commonly practiced has not progressed past the techniques Hahnemann introduced between 1828 to 1829 although his more progressive techniques were published in the 5th in 1833 and The Chronic Diseases in 1837.



The Use of the Medicinal Solution

Hahnemann often communicated his new techniques privately with some of his most respected students before he made them public. One year before the publication of the 1837 edition of The Chronic Diseases, Hahnemann wrote a letter to Constantine Hering in which he gave detailed instruction of the latest techniques relating to the medicinal solutions. In 1836 Hahnemann gave the following advice to his life long friend.

"I have made some improvements in the technicalities of our art, which I will now first communicate to you.....Now, as my medicines are very powerful, I SELDOM DISSOLVE MORE THAN ONE GLOBULE IN 7, 15, 20, 30, TABLESPOONS OF WATER, and, because the patient has no distilled

water (which, besides, after a few days becomes spoilt and ferments), I employ for this purpose spring or river water mixed with 1-15th or 1-20th part of spirits of wine or I put three or four small pieces of hard wood charcoal into the solution. This mixture, (of which the patient affected with a chronic malady TAKES A TABLESPOON OR 1, 2 OR 3 TEASPOONS every day, or every other day), is to be SHAKEN IN THE BOTTLE FIVE OR SIX TIMES EVERY DOSE TAKEN, in order to change the degree of dynamization each time."

This is the first document we have that Hahnemann gives the full details of the split dose and medicinal solution. Hahnemann suggested that the medicinal solution be preserved with 1-15th or 1-20th parts of spirits of wine. Where alcohol was unsuitable Hahnemann used three or four small pieces of hard wood charcoal instead. He was witnessed later in his career putting 1 teaspoon of alcohol into 4 oz. of water as a preservative. We find that in environments that tend toward easy spoilage, up to 1/3 of the solution must be preserved with brandy. In Hahnemann's letter to Hering he mentions the proper amount of the solution to be given to the patient varies from 1, 2 or 3 teaspoons, depending on the sensitivity of the constitution.

In the following year of 1837 Hahnemann released to the public the conclusion of his experiments with the technical methods of giving the homeopathic dose. In this article he also gives the advice about the repetition of the remedies in acute and chronic diseases. Vide *The Chronic Diseases*.

"Experience has shown me, as it has no doubt also shown to most of my followers that it is most useful in diseases of any magnitude (not excepting even the most acute, and still more so in the half-acute, in the tedious and most tedious) TO GIVE TO THE PATIENT THE POWERFUL HOMEOPATHIC PELLET OR PELLETS ONLY IN SOLUTION, and this solution in divided doses". In this way we give the medicine, dissolved in seven to twenty tablespoons of water without any addition, in acute and very acute diseases every hour or every half hour, a tablespoon at a time, with weak persons or children, only a small part of a tablespoon (one or two teaspoons or coffee spoonfuls) may be given as a dose. In chronic diseases I have found it best to give a dose (e.g., a spoonful) of a solution of the suitable remedy at least every two days, more usually every day."

Hahnemann experimented with the use of the homeopathic remedies in water ever since the early provings of homeopathic remedies in 1813. He used the water dose as one of his techniques of controlling the power of the remedies during the provings. The new split-dose is succeeded just before each dose is ingested to raise the potency in an upward direction. By replacing the single unit dose with the new split-dose it became possible to use one pill several times! This apparent contradiction is resolved by the fact that the remedy solution is made with only one #10 pill that is dissolved into several liquid portions that are used repeatedly.

For this why Hahnemann called his new technique the "split-dose" method instead of a "multi-dose" method as in this sense it is a still only one dose (i.e., one pill). Hahnemann realized early on that too many doses of the dry pills accumulated until they produce troublesome aggravations. Even though the patient may be taking the solution more times they still are receiving a smaller amount than they would if they repeated a dry dose even once. This is a very subtle aspect of the theory of the minimal dose that took Hahnemann many years to fully understand.

Preparing and Administering the Medicinal Solution

The preparation of the remedy solution for the centesimal potencies can be summarized in 7 easy steps.

1. Take a 6 to 8 oz. bottle and drop in one, rarely two, # 10 pills of the chosen remedy. Hahnemann suggested that the size of the medicinal solution could vary from 3.5 to 4 oz. (7 to 8 tablespoons) up to 20 oz. (40 tablespoons) of water mixed with brandy. I usually use between 4 to 6 oz. of liquid in my medicinal solutions. I use slightly larger bottles because this leaves enough air to produce good succussions. When speaking of succussing to make potencies Hahnemann suggested leaving up to 1/3 of the vial empty. The larger medicinal solutions (8 oz., 12 oz., etc.) are only necessary when one is treating a hypersensitive, as the larger amount of water makes the dose act more gently.

2. Add enough water mixed with brandy to fill the bottle 2/3 to 3/4 with liquid. A sufficient amount of brandy or pure alcohol, as a preservative, should be included in the solution. If the solution is to be used over a long period of time mix 30% to 50% brandy with the water used in the solution. A lesser amount of ever-clear would do the job.

3. The bottle is to be succussed just prior to ingestion in order to activate the remedy and slightly raise the potency. The number of succussions greatly affects the action of the remedy on the vital force. For those who are hypersensitive 1, 2 or 3 succussion is usually enough. Those of an average sensitivity more normally need 4, 5, 6 or 7 succussions. Those who have rather low sensitivity may need 8, 9, 10, or more succussions. It is best to start with a lower number of succussions and increase the amount if and when necessary. Succussions are one of the methods of adjusting the dose.

4. In this article Hahnemann suggests that 1, 2, or 3 teaspoons of the medicinal solution should be given to the client depending on their sensitivity. Children are given 1/2 teaspoon. Infants 1/4 or less depending on their age. Most adults do quite well starting out with 1 teaspoon. The size of the dose can be gradually increased if more reaction is needed. A constitution of a lower sensitivity might need 2 or 3 teaspoons before they will react sufficiently to the remedy. **Hahnemann's Paris casebook demonstrate that the old master later preferred to use a medicinal solution and a dilution glass to further attenuate his dose. 1, 2, or 3, teaspoons of the medicinal solution are stirred into 4 oz. of water and 1, 2, or 3, teaspoons are given to the patient as a dose. Hahnemann gave his centesimal potencies for the part in the exact same manner as his LM potencies.** The dose can also be adjusted by the amount of the remedy given.

5. When treating a hypersensitive, an elderly person, someone with severe pathological tissue changes, severe allergies, a dangerous condition, the dose should be adjusted through a series of dilution glasses. Succuss the remedy bottle a conservative number of succussions and take one teaspoon and stir it into the first dilution glass. From this glass take a teaspoon and stir it into a second dilution glass and a dose given the client. An extreme hypersensitive may need the remedy diluted through 2, or 3 such dilution glasses. In this case a teaspoon or less is taken from the first glass and stirred into a second or third glass. These individuals are normally almost impossible to treat with Homeopathy but adjusting the dose in this manner brings them great relief.

6. Give the client one test dose and wait and watch for a reasonable amount of time to see how the remedy reacts. This time period depends somewhat on the timeline of the disease you intend to treat.

Acute and chronic disease each have their own peculiar nature. If there is a striking response and a dramatic improvement let the single dose act without interference. If there is only a slow or moderate improvement the dose may be repeated at proper intervals to speed the cure.

7. If the remedy produces any aggravation it is best to wait and watch for the expected amelioration.

If the remedy is going to be given again it must be adjusted in a downward direction. This means one could use a lower potency, less succussions, a smaller dose, one or more dilution glasses, or give only one dose or repeat the remedy at longer intervals. The homeopath can use one or more of these techniques as needed. These are examples of how to adjust the dose in a downward direction.

Of course, all the normal precautions should be taken and the client asked not to eat or drink 1/2 hour before and after the remedy. These are the basic instructions on how to prepare and administer the liquid dose. It may take some time to learn how to adjust the dose to fit the sensitivity of the individual as well as to match the nature of the disease to be treated. This comes with time and experience. Some may ask why go through all the trouble to use the medicinal solutions? The answer is quite simple. Do you want to treat the most chronically ill and the most hypersensitive persons? Do you want to speed the time of cure to 1/2, 1/4 or less the time it takes with the dry dose? Do you want to use Hahnemann's most advanced methods and walk in his footsteps? If you do, then a little more effort on your part is well worth while.



NOSODES IN HOMOEOPATHY:

<http://www.simillimum.com/TheLittleLibrary/Casemanage/9nosodes.html>

David Little 1999

The Development of Nosodes

The advent of Hahnemann's theory of the miasms caused great interest in the chronic diseases and their anti-miasmatic remedies. One of the direct consequences of the publication of *The Chronic Diseases* was the development of the use of miasmatic organisms as potentized homeopathic remedies. The earliest experiments with nosodes were carried out by Constantine Hering while he was in Surinam, Guiana, South America between 1827 and 1833. In the five years Hering spent studying plant and animal species, he paid special attention to the virulent snake and spider poisons as well as miasmatic substances. This was the time period when Hering captured the Bush Master snake that supplied the first venom for the proving of *Lachesis*. In 1832 Hering said,

"During the experiments on the serpent poison, I have given out the idea that the hydrophobic virus should be a powerful pathological agent. I presented the same hypotheses regarding the virus of variola [Small Pox]. I expect no less as regards the psoric virus, and I invited my colleagues to make provings."

It seems that shortly after Hahnemann published his chronic disease theory, Hering performed the first proving of *Psorinum* on himself. Hering originated the method of using a miasmatic agent as a basis for a remedy and it was he who coined the term "nosode". The Greek word *Noso* is a prefix which is added to give the idea of a disease indicating its morbid root. This term is also connected with the Latin word "noxa", the root of the term noxious or damaged. This implies the use of potentially dangerous noxious materials as a basis for a potentized remedy.

Hering is responsible for greatly expanding the materia medica of homeopathy and adding seven (7) new categories of potentized remedies*. At the same time, he was one of the true defenders of the four cardinal rules of homeopathy, similars cure similars, the single remedy, the minimal dose and the potentized remedy. Hering's 7 uses of idem in Homoeopathy includes:

1. The use of poisons taken from insects, snakes, and other venomous creature (Animal poisons).
2. The use of remedies made from miasmas (Nosodes).
3. The introduction of potentized miasmas and morbid secretions taken directly from the patient's body (Auto-nosodes).
4. The use of homologous organs, tissue and secretions (Sarcodes).
5. The use of potentized miasmatic products nosodes for the prevention of infectious diseases (Nosode Homeoprophylaxis).
6. The use of chemical and nutritional elements innate to the human organism (Chemical and elemental relationships).

7. The use of potentized genus groups as curative and preventatives remedies for individuals, groups, and habitats. Hering suggests potentized seed of weeds or dangerous plants to eradicate and destroy those plants and potentized insects or animals to remove and prevent infestations of dangerous species (Isodes).

*Lectures on the Theory & Practice of Homoeopathy, R.E. Dudgeon, B.Jain Publishers (P) Ltd, Lecture VI, Isopathy, pages 141-175

Hering continued to experiment with nosodes of acute and chronic miasms and invited others to conduct provings. He recommended the use of potentized watery excrements of cholera, the black vomit of yellow fever, the desquamated skin of malignant scarlet fever. To bind bags of milk sugar in contact with skin of typhus patients, the use of leucorrhoeal matter, etc., as well as psorine (psorinum) gleet-matter (Medorrhinum), pthisine (Tuberculinum) and syphiline (Syphilinum). Many ancient isopathic remedies were introduced into the Homeopathic Materia Medica by dedicated homeopaths of the 19th century. Constantine Hering, W. Gross, Wilhelm Lux, Father Collet, Swan and Burnett immediately come to mind.

After Hering's provings the nosodes Johann Joseph Wilhelm Lux, a well known homeopathic veterinarian, conducted experiments with the isopathic use of disease materials in potencies. In December, 1831, Lux was asked if he knew any homeopathic remedies for the treatment of bovine plague and anthrax. Lux replied that he could not suggest any remedies off hand but he offered the following suggestion. He told the person to take a drop of blood of an anthrax infected animal, and a drop of the nasal mucous of a cow with the plague, and prepare a 30c potency of the material. During the epidemic in 1832 many veterinarians relied on the complementary use of the nosodes and standard remedies to treat the animals under their care.

On December, 24, 1835 Jolly of Constantinople reported to Hahnemann that Russian doctors had cured a number of cases of bubonic plague with a 30c nosode prepared from the serous exudation of plague bubos. Hahnemann was supportive of the new nosode movement on the basis of these clinical confirmations but he was concerned because most of these nosodes were not being proved. So in this way the revolutionary ideas contained within the 1828 edition of *The Chronic Diseases* changed the way people thought of contagious disease and stimulated the integration of isopathy into the Homeopathic pharmacopoeia.

Aqualibus Curetur

All of this was going very well until Lux decided that the healing law was not "similars cure similars" but "same cures same". With this in mind he declared that "idem" not "similars" was the key to the healing arts and coined the term the Aqualia Aqualibus Curetur to replace Similia Similibus Curetur. This, of course, was exactly what Samuel Hahnemann was afraid would happen so he became very defensive of Homeopathy and critical of crude isopathy. Even before Lux upset the climate of the research into the nosodes, Hahnemann felt that Psorinum should be proven more completely before being included in the materia medica section of *The Chronic Diseases*. In Hahnemann's mind the idea of using unproved disease substances on patients just because they suffered from the same contagion was far too limited.

Hahnemann felt that the isopathy of Lux was in truth only part of a greater homeopathic principle because all the remedies were potentized to at least the 30c dynamization. If it was potentized energy how could

one call it the same thing as the original diseased substance? Hahnemann thought that under these conditions;

"it would not remain idem (the same) as it could only be useful to him in a potentized state, since crude itch substance which he had already in his body as an idem is without effect on him. But the dynamization or potentizing changes it and modifies it".

In the light of Hahnemann's logic the use of the miasmatic material without potentization was crude isopathy, and as Lux himself was using homeopathic potencies, his treatment was still within the realm of homeopathy. Vide *The Chronic Diseases*, the chapter called "The Medicines".

"Thus potentized and modified also, the itch substance (psorin) when taken is no more an idem (the same) with the crude original itch substance, but only a simillimum (thing most similar). For between IDEM and SIMILLIMUM there is no intermediate for any one that can think; or in other words between idem and simile only simillimum can be intermediate, isopathic and aequale are equivocal expressions, which if they should signify anything reliable can only signify simillimum because they are not idem."

The major difference between isopathy and homeopathy is that a homeopathic remedy is proven and has a much wider application because its symptomatic picture is much more expanded. The simple isopathic prescription can only be used in the condition it causes. If the miasmatic substance is not potentized, or transmuted in some way, it is an extremely dangerous method. The modern vaccines have more in common with isopathy than homeopathy because they are unpotentized. This limits their usage to the treatment and prevention of one single disease condition. On the contrary, a homeopathic nosode has been proven so it can be used as part of the greater materia medica. This allows it to be prescribed more accurately as well as to be applied in many different situations.

The first generations of homeopaths who introduce the use of the nosodes were Hahnemann, Hering, Lux, Gross, and Stapf. Hering gathered a tremendous amount of first hand experience in proving nosodes and applying idem remedies to acute and chronic diseases in the field. Hering introduced all these new remedies yet he clearly pointed out their limitations when used by idem. All these idem preparations can not be regarded as absolute specifics, but only as chronic intercurrent remedies, which serve to stir up the diseases, and render the reaction to the subsequently administered homeopathic remedy more permanent.

IN 1836 Hering stated that:

HE NEVER SUCCEEDED IN CURING BUT ONLY AMELIORATING DISEASES WITH THEIR OWN MORBID PRODUCTS

This was after 7 years of rigorous clinical trials. He gave a perfect example of the proper use of idem in a case of suppressed syphilis which would not respond to antisyphilitic remedies like Mercury so he used Syphiline (his syphilinum) as an intercurrent. This brought out the cutaneous eruption and chancre which was then perfectly cured by Mercury followed by Lachesis. He had many similar cases. Without constitutional treatment it is impossible to perform the perfect cure.

The nosodes are only curative by themselves when they are administered by the totality of the symptoms. Then they are the constitutional simillimum.

IF DISEASE PRODUCING PRODUCTS ARE ADMINISTERED BY *IDEM* THEY ARE ONLY USEFUL AS *INTERCURRENT REMEDIES* WHICH HELP TO REMOVE OBSTACLES TO CURE AND MOVE THE CASE FORWARD. Their remedial actions must be complemented by constitutional remedies if a complete cure is going to take place. THIS IS THE PROPER USE OF IDEM REMEDIES WITHIN COMPLETE CONSTITUTIONAL CASE MANAGEMENT.

The Homoeopathic Uses of the Nosodes

When a nosode is administered by the totality of the symptoms it is a constitutional simillimum just like the mineral, plant and animal remedies. The nosodes are their own genus of primitive miasms which are the first life forms on our planets and symbiotically related to the development of the first plant algae. Viruses, bacteria and fungi are ancient genus groups and some produce disease in human beings. The minerals are the first remedies on developmental chain followed by the miasms, fungi, lichens, fern allies, ferns, gymnosperms, dicotyledons and monocotyledon, and finally, the animal remedies. The nosode genus group has a very special place in Classical Homoeopathy.

Hahnemann wished that the nosodes should be completely proved before they are entered in the materia medica. He was quite concerned that homoeopathy become mixed with isopathy which gives remedies solely by causation. Swam, who is given credit for introducing our Medorrhinum and Syphilinum, was asked if it was correct to use unproven nosodes. He replied that 100's of years of suffering these genus diseases, and their complication, was a "natural proving".

This rather controversial answer does have some merits. It is obvious, however, that the most characteristic indications of the nosodes are those that have come out in provings. Nevertheless, there are special ways that the miasms disease-tune the vital force produces the characteristic group of symptoms. Hering noticed that certain characteristic symptoms are associated with the indications of miasmatic intercurrents. Just as the homeopath who works with families of remedies recognizes the nature of a plant group, mineral group and animal group, Hering also recognized the characteristic of the nosodes group picture. These characteristics include indications of the miasms concomitant to lack of vital reaction to well chosen remedies, constant changing of symptoms, fragmented pictures of constitutional remedies and one-sided miasmatic signs with few characteristic symptoms.

Such individuals often have a sense of being tainted, guilty, dirty or feel like life is a burden, they never feel comfortable or satisfied in any environment, they have discoloured complexions and look of suffering in the face when relaxed, and they are prone to self-destructive impulses, cravings and habits. A differential analysis of the rest of mental and general symptoms will immediately uncover which chronic miasm and therapeutic nosode is at the root of the picture.

Making a comparative study of the plant, mineral, animal and nosode group symptoms is very helpful. The symptoms of the nosode group are indications to study the case from the miasmatic point of view. From a study of the totality of the available symptoms one can uncover which miasm is active or which nosode the vital force is calling to one's attention. At such a time an intercurrent may be useful in removing obstructions to the cure or bringing out a clearer picture. All miasmatic intercurrents should be complemented by constitutional remedies at the appropriate time to complete the cure.

The following are some of the more characteristic rubrics associated with the use of the nosode group as an intercurrent remedy; When well chosen remedies do not act, hold or only change the symptoms; When a progress under the constitutional remedy ceases due to a miasmatic obstruction to the cure; The 'never well syndrome' when it can be trace to a chronic miasm; The lack of symptoms do to miasms.

The nosode group characteristics are a signal to investigate the chronic miasms and map their signs and symptoms as well as look closely for the symptoms of the major nosodes and anti miasmatic remedies. There are always objective signs and objective symptoms which will individualize the remedy if it is indicated. Over the years the use of nosodes as intercurrents have proved useful assistants to constitutional treatment if used correctly.

I would advise students of homeopathy to study constitutional homeopathy deeply and integrate the use of intercurrent remedies carefully into practice when needed to assist the cure. The isopathic concept is so easy (use the same against the same) that many star-struck beginners think they have found a short-cut way to do Homeopathy. They do not have enough experience in constitutional homeopathy to understand those special moments when intercurrents are complementary to constitutional treatment. Others are prone to falling into old allopathic thinking combined with new homeopathic remedies. This leads to the abuse of idem in potency and disruption of the constitutional state. In the name of treating layers, or removing drugs and blockages, the half homeopaths give more and more remedies by idem and look less and less at the symptoms.

A Synopsis of Nine Ways to Administer the Nosodes

1. The first indications of for the nosodes is when the mental, physical generals, and particular symptoms are characteristic of the proving of the remedy. This makes the nosode a CONSTITUTIONAL REMEDY. An example of this would be the use of Syphilinum in a person who fears the night because of the suffering it brings, fears going insane, despair of recovery, has delusions that they are dirty, tainted, or impure causing them to compulsively wash their hands, etc. The symptoms confirm both the miasmatic diagnosis and the simillimum. In such cases the miasma in question has disease-tuned the vital force in such a manner that it takes the symptoms of the nosode. Some individuals are born with this tendency due to the inheritance.

2. The second condition for using a nosode is when WELL CHOSEN REMEDIES DO NOT ACT, HOLD OR JUST CHANGE THE SYMPTOMS. This is usually caused by the chronic miasms, psora, sycosis, pseudo-psora, and syphilis. This is one of the reasons it is important to know what miasms are in the background of a constitutional syndrome. Otherwise the prescriber may think they are choosing the wrong remedies and further confuse the situation by picking more and more new ones. An example of this usage of a nosode is Psorinum's keynote, lack of reaction, when well-chosen remedies fail to act, especially in those who are extremely sensitive to cold, suffer from profuse sweating, filthy smell, dirty looking skin, who tend to be very pessimistic about their recovery, etc. Another example of this rubric is Tuberculinum's keynote, when symptoms are constantly changing and well-selected remedies do not improve, especially in those who have light complexion, narrow chest, lax fibre, low recuperative powers and constantly catch cold. There may also be fear of cats, dogs, and animals in general, a desire to travel, and a deep discontented state with a tendency to curse, swear, and a desire to break things, etc.

3. The third way to use a nosode is when there is a LACK OF SYMPTOMS. There are times when there are very few symptoms by which to prescribe. These are often one-sided cases where a strong inherited miasm has repressed the ability of the constitution to show symptoms. Other than the signs related to the pathology of one or another of the miasms, the symptoms in these cases are not very characteristic of any of the constitutional remedies. This state may be called a miasmatic constitution caused by a chronic dyscrasia.

Vide the discussion of the remedy, Tuberculinum, from Kent's Lectures, "It seems from looking over the record of many cures that this remedy has been given many times for just that state on a paucity of symptoms, and if the records can be believed, it has many times balanced up to the constitution in that anaemic state, where the inheritance has been phthisis. It is not the best indication for Tuberc., but where the symptoms agree in addition to that inheritance, then you may have indication for the remedy." There are two things that may happen after the ingestion of a nosode for the condition. First of all, the symptoms may improve and bring the constitution toward the state of health. Second, the symptoms of the patient may become more plentiful as the suspended layers within the constitution become active. This should then allow the homeopathic practitioner to prescribe a constitutional remedy based on the newly arising syndrome and advance the case forward

4. The fourth condition for using a nosode is when a person has never recovered from a miasmatic infection. This is the "NEVER WELL SINCE SYNDROME" (NWSS). An example of this condition is the use of Medorrhinum in a person who has a history of sycosis from which they have never recovered. It is as if a new layer of disease has been added to their constitution by the gonorrhoea that changed both their physical health and their personality. They no longer manifest the symptoms of their innate constitutional remedy because the acquired miasm has become the active layer and suppressed their natural temperament. Once they may have been of sharp intellect, clear memory, and of a calm nature, but all that has changed for the worse. Now they have become very hurried as if time passes too slowly, they can't follow the thread of a conversation because they are losing their memory, and they've become fearful of the dark, superstitious, and suffer from delusions that someone or something is always behind them. This last symptom is very indicative of the paranoid suspicious state of sycosis as it represents a subconscious fear that something is going on "behind their back" and is about to "get them".

The never well since syndrome (NWS) can also be applied to acute miasms. There are times when a person has never fully recovered from an acute illness. This acute miasm still has an effect on the vital force because it has formed a layer within the constitution. If this imbalance is strong it will become the dominant layer and repress the older symptoms. Examples of this are acute miasms like influenza, diphtheria, measles, mononucleosis, and whooping cough from which the patient never really recovered. Of course, a proper constitutional remedy may remove the effects of an old acute miasm, but when it does not accomplish this goal, a nosode of the offending miasm will often cure. Nosodes of these acute miasms are available from homeopathic pharmacies under names like Influenzinum, Diphtherinum, Morbillinum, Pertussin, etc.

5. The fifth way to use a nosodes is WHEN PARTIAL PICTURES OF THE CONSTITUTIONAL REMEDIES MANIFEST YET NO ONE REMEDY COMPLETELY FITS THE CASE. Such cases seem to be fragmented and disorganized, but in actuality, this pattern is characteristic of the miasms and nosode group. An investigation of the miasms behind the fragmented picture may reveal the symptoms of the nosode group. Differential analysis will quickly show which nosode and miasm is involved. Such an

intercurrent often improves the state of health and regularizes the natural symptoms pattern. After the nosode has done all it can do the symptoms will point more clearly toward a constitutional remedy. In this way a nosode can bring order out of chaos and clarity from confusion

6. The sixth way for using a nosode is WHEN A MIASMIC LAYER OBSTRUCTS THE PROGRESS OF A CONSTITUTIONAL REMEDY that was improving the patient. When a nosode is used like this it is called THE MIASMIC INTERCURRENT. Suppose one has taken a patient whose symptoms point to an inherited pseudo-psoric miasm and the case works out to fit Pulsatilla perfectly. This is all very well as Pulsatilla is a strongly anti-tuberculin medicine as well as the individual's constitutional remedy. After several months of solid improvement the patient begins to relapse with the same symptoms, and to one's great surprise, Pulsatilla no longer works. Although there is no change of symptoms calling for a new remedy, the old remedy has become completely ineffective. If the symptomatology shows a strong tubercular miasm in the background, the homeopath can try to unlock the case with a tubercular nosode, such as Tuberculinum.

The nosode may either move the case forward or set the stage for the reintroduction of the Pulsatilla. If the case is advanced by the nosode, it is best to stay with it as long as the improvement lasts, then treat the remaining symptoms with the constitutional remedy. If the patient does not show any improvement on the nosode after a sufficient amount of time, the re-introduction of the constitutional remedy is often very effective. Under these conditions the constitutional remedy may act just as dramatically as it did the first time it was given. This effect has been witnessed by experienced homeopaths over and over again. Although the miasmatic intercurrent may not radically improve the case by itself, it can cause the patient to become re-sensitized to their original constitutional remedy.

There are times when this technique is very useful.

7. The seventh way for using a nosode is when the remedy is RELATED TO THE GENUS DISEASE. An example of this method is Clark's use of Pertussin (Coqueluchin) against whooping cough. Clark once wrote, "I have found in this nosode a specific for a large proportion of cases of this disease. It should be given every four hours to begin with, and if it does not cut short the case in a few days, or materially modify its severity, another remedy may be chosen from the following."

Another area where an idem relationship may be of use is in the case of complications caused by vaccines. Here a nosode of the offending vaccination may be appropriate to remove the side-affects of an immunization. Closely aligned with the idem method is the use of remedies to desensitize a person to specific allergies. Most individuals are allergenic to more than one antigen at a time so a constitutional remedy or miasmatic intercurrent is usually much more effective. Nevertheless, in some very stubborn allergies where this is not the case the isopathic method may prove a useful adjunct. The use of organs and glandular preparation (organotherapy and hormonotherapy) is also based on the idem relationship. Thus includes remedies like Thyroidium, the dried thyroid of the sheep, and Adrenalin, the internal secretion of the superarenal glands.

8. The eighth way of using a nosode is as a HOMEOPATHIC PROPHYLAXIS to prevent specific acute and chronic infectious diseases. An early example of this was Boenninghausen's successful use of Variolinum to prevent small pox. Nosodes may also be used as a method to protect children from the miasma they have inherited through their parents. James Kent has been quoted in his Lectures on

Homeopathic Materia Medica as saying "If Tuberculinum Bovinum be given in 10m, 50m, Cm. potencies two doses of each potency at long intervals, all children and young people who have inherited tuberculosis may be immuned from their inheritance and their resiliency will be restored". This, of course, relates to children who show symptoms of the TB miasm such as nervousness, temper tantrums, emaciation, anemia, swollen glands, frequent colds, etc.

9. The ninth way of using a nosode is as a homeopathic remedies made from the patient's own disease substances. This is an AUTO-NOSODE. This has sometimes helped patients when nothing else seems to work. Hahnemann once has a patient who was not responding to his well chosen remedies. This led him to prepare a tubercular auto-nosode made from the saliva of the patient who was suffering from the TB. Auto-nosodes have been made from sputum, blood, urine, pus, leucorrhoea, exudates from skin eruptions, and microbes from cultures of the patient, etc. This often tried when nothing else works. Nevertheless, with observation homoeopaths should be able to develop characteristic of the auto-nosodes.

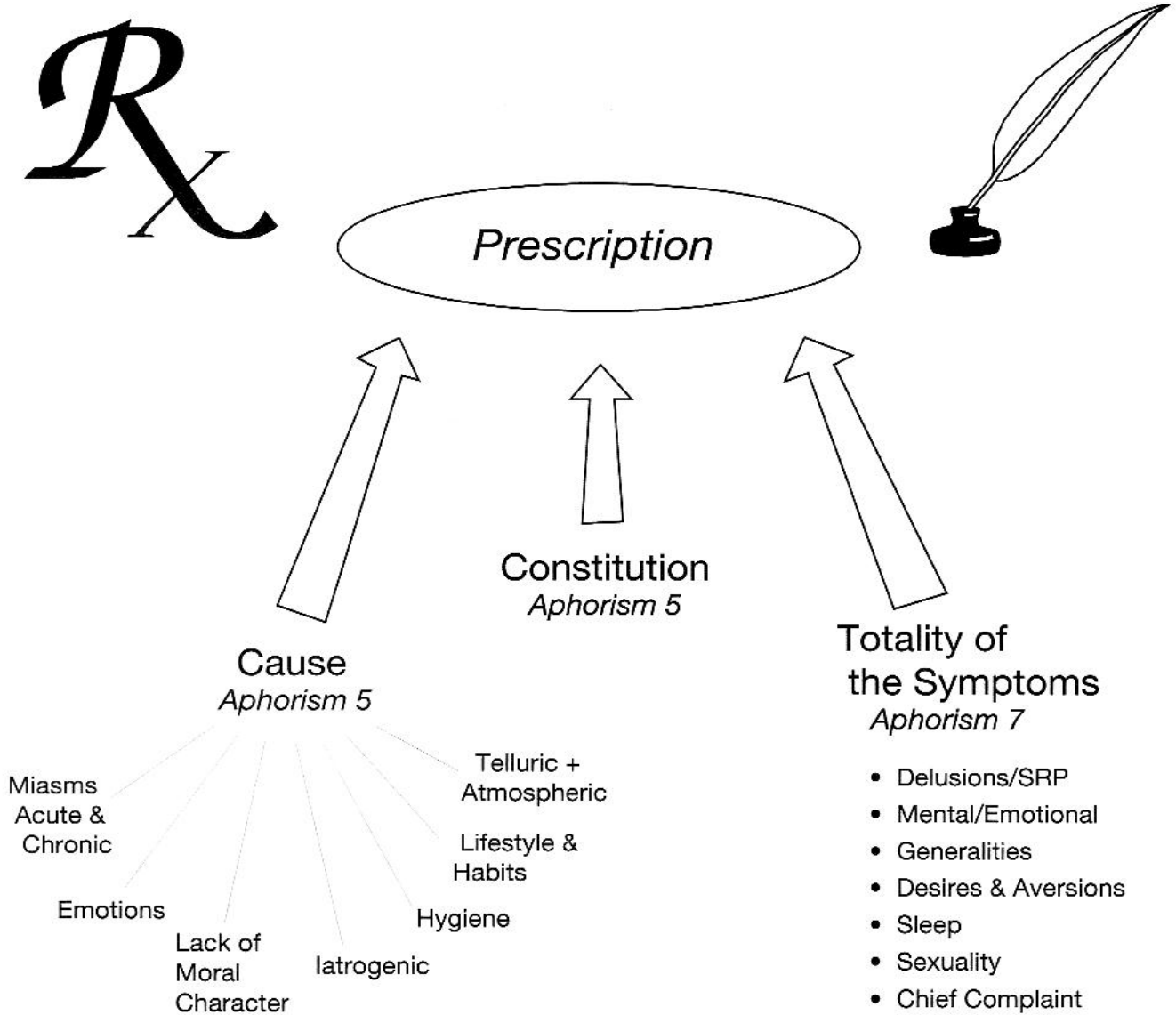
One can see from many of these indications that a good knowledge of the acute, sub-acute and chronic miasms is very important in understanding the use of nosodes. As they are disease by-products the knowledge of disease goes hand and hand with their use. The study of the miasms, and their action on the system of mass defence, is an important part of classical Homeopathy. Many modern homoeopaths have left this area of Homeopathy out of their practice even though Kent himself did not. It seems at this time, however, the miasms are making a necessary come back as they are an integral part of Homeopathic pathology.

Study Guide: If you are following the Guided Tour it is best to return to the 'Principles' at the time as the subjects of the following referrals come later in the document after introduction in the text. If you are doing specialised research in the area of nosodes please refer to the following documents.

1. Miasms in Classical Homoeopathy by David Little @simillimum.com

2. Hering, Idem and Homoeopathy by David Little @simillimum.com





The Perfect Prescription

<http://www.pascashealth.com/index.php/library.html>

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address.

‘Healing’



This document overall:

Map of Consciousness calibration 800