

Homeopathy

1 Introduction

What is Homeopathy?

Homeopathy is a *holistic system of medicine* established by the German physician Samuel Hahnemann (1755-1843). Based on the *simile principle* that 'like can be cured by like'; using *potentised remedies* of highly diluted substances, prescribed to match the patient's *individualised characteristics*; to promote *natural healing* from within the patient.

Homeopathy is *Alternative* in philosophy, *Natural* in principle, *Holistic* in perception and *Complementary* in practice.

Definitions

Homeopathy = **homoeos** / *same* + **pathos** / *suffering* (Greek)

Holistic = **holos** / *whole* (NB the 'whole patient' is more than just the sum of its parts)

Proving = **prufing** / *experiment* (German) (Testing remedies on healthy human volunteers to discover their sphere of action on all body systems and establish the characteristics of the medicine).

Fore-runners of the homeopathic principle

Hippocrates (4th century BC) postulated this principle but never developed it. He was also the first to attribute illness to *natural causes* rather than divine retribution.

Paracelsus (Swiss physician 15th century) developed the idea of holistic medicine and the *Doctrine of Signatures*.

Some global events in the times of Hahnemann – to set the scene

- England
 - 'mad' King George III (1738-1820) PM – William Pitt the Younger
 - loss of the American colonies (American Revolution)
 - Captain Cook discovers Antarctica (1773)
 - John Macadam discovers 'tarmac' (1783)
 - Cartwright's steam powered loom (1792)
 - Edward Jenner discovers smallpox vaccine (1796)
 - Abolition of the slave trade by Britain (1807)
 - Jan Austin writes 'Pride and Prejudice' (1813)
 - Robert Stevenson's 'Rocket' locomotive (1829)
 - Queen Victoria begins her reign (1837)
- America
 - American Declaration of Independence (1776)
 - George Washington – first President (1789) White House built (1792)
- India
 - Clive of India. The East India Company thrives.
 - Black hole of Calcutta (1756)
- Russia
 - Czarina Catherine the Great (1762)
- France
 - French Revolution begins (1789) – storming of the Bastille
 - Louis XVI guillotined (1793)
 - Napoleon becomes Emperor (1804)
 - Lord Nelson defeats French fleet at Battle of Trafalgar (1805)
 - Napoleon defeated at Battle of Waterloo (1815)

Life of Samuel Hahnemann (1755-1843)

1755 born in Meissen, Saxony – son of a potter

1780 qualifies as a doctor, also accomplished linguist

1780-1800 - advocates importance of good diet, fresh air, exercise to health

- extols a humane attitude to mental illness/sanity

- disillusioned by medical practice which he considers dangerous and ineffective (purging, venesecting, sweating etc)

- gives up doctoring and works on translations

1790 Chinchona experiment – Hahnemann's first 'proving' (translating Cullen's *Materia Medica*)

1800 declares Belladonna a cure for Scarlet Fever

1810 first edition of 'The Organon of the Rational Science of Healing'

1810-1820 many provings (first *Materia Medica*). Apothecaries drive him out of Leipzig

1821 2nd edition 'Organon of the Healing Art'

1828 publishes his theory of 'Chronic Diseases'

1830 wife Johana dies. 1834 re-marries Melanie d'Hervilly (Paris)

1835 thriving homeopathic practice in Paris

1841 6th edition of 'The Organon (not released or published until 1922)

1843 Hahnemann dies aged 88.

Subsequent developments in orthodox Medicine

1850 Pasteur's germ theory

1860's Lister's antiseptics

1880's immunisations

1895 Roentgen discovers Xrays

1903 Becquerel and Marie Curie win Nobel Prize for discovery of radioactivity

1928 Fleming discovers penicillin

1940's antibiotics

1948 NHS established

1967 first heart transplant by Christian Barnard

1969 first IVF

British Homoeopaths

Frederick Quin (1799-1878) - brings homeopathy to England in 1832.

Aristocrat – appointed physician to Napoleon on St Helena.

Visited Leipzig homoeopaths/met Hahnemann in Kothen.

1844 establishes British Homeopathic Society and first homeopathic hospital in Soho.

1849 Royal London Homeopathic Hospital (Queens Square) – persists to this day.

1854 Cholera epidemic RLHH mortality rate only 16% (cf 52% conventional treatment).

Robert Dudgeon – translated all Hahnemann's work and *Organon* (still used today)

Richard Hughes (1836-1902) 'the Grand old Man of British homeopathy'. Brilliant scholar, writer.

Excellent 7 volume 'Cyclopedia of Pathogenesis' of clear provings.

Tried unsuccessfully to unite orthodox and homeopathic medics.

John Henry Clarke (1853-1931) *Margaret Tyler* (1857-1943) *Margery Blackie* (1898-1981) – physician to the Royal family.

American Homoeopaths

Constantin Hering (1800-1880) German settled in USA 1833 'Father of American homeopathy'. Influenced by Swedenborgism. Ideas of 'vitalism' and high potencies. Hering's Law. Famous for his proving of Lachesis (surukuku snake) losing his left arm in the process! 1844 elected president at inauguration of the American Institute of Homeopathy.

James Tyler Kent (1849-1916) Extremely important influence on the development of homeopathy – both sides of the Atlantic after Hahnemann. Converted to homeopathy when wife cured, after orthodox medicine had given up. Emphasis on high potencies, mental symptoms, single remedies. Constitutional prescribing. Chronic diseases and miasms. Many books including Kent's Repertory; Lectures on Homeopathic philosophy etc.

American homeopathy went into decline in the early 20th century, as effective drugs and antibiotics develop, technology progresses and dissent occurs amongst alternative and conventional medics. European revival in last 50 years. Pathological prescribing popular in Europe, but Kentian 'classical' approach prevails. Patient demand is drawing homeopathy into the high street, as gradual recognition and respectability increase with evidence for efficacy, safety and cost-effectiveness.

Contemporary renowned homoeopaths – *George Vitoulkas* (Greek), *Rajan Sankaran* (Indian), *Hans Scholten* (Dutch) and many more.

2 Principles of Homeopathy

- a) Similia similibus curentur (like cures like)
- b) The Infinitesimal dose (ultra-molecular dilutions)
- c) Individualisation
- d) Alternative concept of 'dis-ease' and 'the healer within'.

a) Similia similibus curentur

Homeopathy is based on this important principle. 'Like may be cured by like' ie a medicine capable of producing certain effects when given to a healthy person is capable of curing an illness displaying the same effects/symptoms in an ill person. Recordings of such effects have been gathered over the years into *Materia Medica*'s from 'provings', observations, toxicology data and placebo controlled studies on healthy volunteers. (... 'the only medicines for animals tested on humans!')

1790 Hahnemann's first proving – the Chinchona experiment – which inspired the similia principle. As a disillusioned doctor of his day, he was translating Cullen's materia medica and read that the action of the bark of chinchona (later known to contain quinine) on 'swamp-fever' (malaria) was due to the astringent/purgative effect on the stomach. Not convinced of this, he took some chinchona himself and discovered to his surprise that he developed the symptom picture of malaria. Later he was to prove many more remedies and record their effects, including highly diluted substances to avoid toxic side effects. For example arsenic given to a healthy person will produce vomiting, watery diarrhoea, rapid pulse, shivery coldness and great anxiety. Smaller doses may produce an acrid runny nose, heavy head, cough and bronchial catarrh. Later he will experience disturbances of skin and nerves with burning sensations (relieved by warmth, frequent sips of water) accompanied by great restlessness, fear of death and all symptoms worse (aggravated) around noon or shortly after midnight.

Applying the similia principle, all sorts of illnesses displaying such a symptom picture can be treated by using the homeopathic remedy *Arsenicum Album* – whether the disease be labelled food-poisoning, cholera, coryza, asthma, anxiety, panic attack etc.

The remedy will be particularly effective if matched to the specific/particular characteristics of the individual (*the 'totality' of the patient*) on all levels, including the emotional and mental levels, as well as just the physical symptoms. 'Resonance' with the remedy's curative power will then be at its best.

b) The Infinitesimal dose (ultra-molecular dilutions)

This topic generates most controversy amongst sceptics of homeopathy and the usual question of 'how can a remedy do anything if there's nothing in it?' Although there is conflicting evidence, both good quality systematic reviews and meta-analysis (some by sceptical non medical epidemiologists) have though demonstrated homeopathy has significantly more clinical effects than placebo.

To avoid the toxic/lethal side effects of some medicines eg arsenic, the remedy is highly diluted by serial dilution and shaking (succession) to render it safe to take, this is known as *potentisation*. Hahnemann repeatedly diluted medicines and found they still produced reactions. Serial dilution may be 1:10 repeated 12 times (decimal scale eg 12x) or 1:100 repeated 6, 30, 200 or 1000 times (centesimal scale eg 6c, 30c, 200c, 1M).

Each successive potency appears to be further 'energised' by the process of dilution and succession – allowing it to become more potent, not less powerful. Different potencies are chosen by the homoeopath depending on the features of the individual case and the vitality of the patient.

Dilutions beyond 12c soon reach levels beyond which any molecule of the original substance can exist in the dilution (NB Avogadro's constant 6×10^{23}). Remedies should be kept in their original containers away from direct sun, strong odours and electrical apparatus (eg microwave, radio, fridge). Tablets are sucked/chewed rather than swallowed and should be taken at least ½ hour after and before food (on a clean tongue), particularly avoiding strong flavours eg peppermint, menthol, coffee etc which might anti-dote the remedy.

No satisfactory scientific explanation has yet produced a plausible mechanism as to how such extreme dilutions can be effective. Effects of ultra-molecular dilutions have been shown scientifically (eg degranulation characteristics of basophils in the presence of different homeopathic dilutions of silica) and a database has recently been set up to review the evidence (see Van Wijk and Albrecht 2007). (Read the controversy over reproducibility and 'the Benvenista affair' in Nature 1988.)

Physicists suggest that some aspect of electromagnetic energy (as yet not recognised or measurable) may explain this property, perhaps in the realms of quantum bio-physics? Research indicates that water can retain the 'imprint' of a substance, described by Michael Schiff as the 'memory of water'.

Whilst such controversy into biological explanations for the action of diluted/potentised homeopathic remedies continues, increasing clinical research confirms its clinical effectiveness in treating patients, including babies and animals (where a placebo effect would be hard to justify).

Suggested reading:

Davenas E et al. Nature June 1988: 333: 816-8

Devenas E et al. Eur J Pharmacol 1987: 135: 313-9

Cazin JC et al. Human Toxicol 1987: 6: 315-20

Schiff M. The Memory of Water. ISBN 0-7225-3534-1

Van Wijk R and Albrecht H. Proving and therapeutic experiments in the HomBRex basic homeopathy research database – Homeopathy 2007: 96(4): 252-257.

c) Individualisation

A fundamental principle of homeopathy is to consider the patient as a whole and as an individual.

'It is more important to understand the patient who has the disease than the disease the patient has' Sir William Osler.

We are all uniquely individual and react differently in similar situations. Likewise, we each may need different remedies in apparently similar circumstances. The homeopathic constitutional remedy is chosen to match the totality of that unique individual – taking into account their full history, examination, past and present situation, family history, habits, likes and dislikes ('generals'), cravings and aversions, temperament and emotional state of mind ('mentals'), general energy and 'feel good factor' and any unusual 'rare and peculiar' features that make that person so particularly individual.

This selection of remedy, using the similimum principle, will produce a deep-acting effect on the entire patient on all levels and may even achieve cure. (Consider the analogy of an 'off-the-peg' suit, compared to the uniquely tailored 'made-to-measure' alternative which fits and feels more comfortable). The evidence for this has been reviewed (Chaplin, 2007) and refuted (Teixeira 2007). The two references are:

i) The Memory of the Water: an overview
Homeopathy, Volume 96, Issue 3, July 2007, pages 143-150
Martin F Chaplin

ii) Can water possibly have a memory? A sceptical view
Homeopathy, Volume 96, Issue 3, July 2007, pages 158-162
Jose Teixeira

The first beneficial sign is usually a subjective improvement in the general energy level of the patient, followed by change and improvement in the physical complaints. The physical symptoms may be aggravated initially as the remedy starts to act.

The homeopathic local remedy is chosen by matching a localised symptom (usually a physical symptom) to a keynote feature of that remedy, with a more limited match to the fuller features of the complete 'remedy-picture'. This selection of remedy can have some effect for most people eg arnica for bruising/injury, belladonna for fever. However it is less likely to have a deeper action at other levels and may only have a partial action and need to be repeated frequently until improvement occurs.

This is how most over-the-counter remedies are prescribed – without very specific individualisation. This accounts for the unfortunate mis-match of many self-prescribed remedies and can lead to disappointment about the effectiveness of homeopathy. Many home-prescribers can improve their choice of remedy by study and reading about 'remedy pictures' (materia medica) and be more specific in their tailoring of the appropriate remedy for the individualised complaint.

d) Dis-ease and The Healer Within

Symptoms are the outward manifestation of a deeper dis-ease within the individual, rather than the disease itself.

The *healer within* the individual is a function of the animating *life force* itself. Hahnemann called this the *Vital Force*.

Dis-ease is a disturbance of that force eg due to 'susceptibility' (for whatever reason eg stress, fatigue, tragedy) allowing opportunistic microbes to overwhelm the immune system and establish infection, or failure to recognise normal cells and produce antibodies in auto-immune diseases producing destructive disease processes.

Health is harmony of the Vital Force on all levels – emotional, mental and physical. (Consider the analogy of a melody played on an un-tuned piano. The notes being played are not necessarily incorrect, but the piano needs re-tuning for the 'healthy' sound to be harmonious, melodious and a pleasure to listen to!)

A reasonably 'healthy' individual can usually harness their defences and combat acute dis-ease with a quick recovery. Chronic disease reflects a deeper seated disturbance of the Vital Force, which can be stimulated by an

appropriate homeopathic remedy to recognise the disturbance and enable the body's own inner healing capacity to correct and heal itself.

The immune system and psycho-neuro-immuno mechanisms (PNI) are undoubtedly influenced by higher/sub-conscious controls that we cannot define, measure or recognise yet, but we intuitively know they exist – an integral part of the healer within?

3 What are remedies made from?

Most remedies are made from animals, plants or minerals. Some 6,000 remedies are known. Many may never be discovered with destruction of the environment and rain forests.

Animal remedies

Snakes (lachesis, naja), spiders (tarantula, theridion), dog's milk (lac caninum), bee (apis), fly (cantharis), ink of cuttle fish (sepia).

Plant remedies

Larkspur (staphysagria), pasque flower (pulsatilla), nutmeg (nux moschata), club moss (lycopodium), hemp (cannabis indica), poppy (opium).

Mineral remedies

Gold (aurum met), mercury (merc. Sol), sea salt (natrum muriaticum), barium (baryta carb.) potassium phosphate (kali phos), phosphorus; platinum (platina), silver (arg met).

Remedies can also be made from:

Diseased tissue (nosode)

Tub Bov (cow TB), carcinosin (breast cancer), syphilinum (syphilis), Medorrhinum (gonorrhoea). Thyroidinum (extract of thyroid gland).

Patients own blood or urine (auto-nosode)

Healthy tissue (sarcode)

Thyroidinum (extract of thyroid gland)

4 Evidence for Homeopathy/does it work?

- Research issues
- Effective or is it just a placebo effect?

Contrary to popular belief, homeopathy has been subjected to many randomised controlled trials. See below a list of all reviews and meta-analyses and comments.

Three major independent meta-analyses of RCTs all found in favour of homeopathy. Superior to placebo. (Comment that it would be more acceptable if a mechanism of action could be given.)

Clinical audit consistently shows the benefit of homeopathy in terms of patient outcomes.

Studies also demonstrate the cost-effectiveness of homeopathy in terms of decrease in use of conventional treatments and return visits to doctors' surgery.

Suggested reading/information

General textbook for introduction –

Introduction to Homeopathic Medicine. Hamish Boyd. 2nd edition. ISBN 0-906584-21-3

Quick handbook for prescribing in general practice –

Homeopathic Prescribing. Noel Pratt. ISBN 0-906584-03-5

Further information and register of practitioners –

Faculty of Homeopathy, Hahnemann House, 29 Park Street West, Luton LU1 3BE. Tel: 0870 444 3950.

Homeopathy Reviews and Meta Analysis

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