

HOMEOPATHY

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OVERVIEW

- History of Homeopathy
- Principles of Homeopathy
- Homeopathic Remedies
- Homeopathic Consultation
- Homeopathy Can Treat.....
- Research evidence

Types of homeopathy

- Classical homeopathy
- Complex homeopathy

What is classical homeopathy

- Aims to treat spiritual, mental, emotional, physical and energetic symptoms of the whole person.
- During a consultation symptoms including subjective symptoms and life experiences are elicited from the patient.
- A remedy based on the individual set of symptoms is then identified and prescribed.

The Discovery of Homeopathy

- Samuel Hahnemann, linguist, chemist & physician (1755 –1843)
- William Cullen – “Treatise on Materia Medica”, Essay on Peruvian Bark, Cinchona
- Repeated doses of Cinchona produced symptoms of the disease it was meant to treat.
- Provings – testing remedies
- Greek: Homoeopathy- Homois (similar) Pathos (Suffering). Allopathy - Allo (opposite).

The Rise, Fall & Rise of Homeopathy

- Era of change and upheaval (1770 -1850)
- 1826 Frederick Foster Quinn – survived cholera, studied with Hahnemann.
- 1832 Quinn’s London Practice.
- 1844 Frederick Foster Quinn established British Homeopathic Society (Now the Faculty)
- 1849 set up London Homeopathic hospital
- 1854 cholera outbreak in London

The Rise, Fall & Rise of Homeopathy

- Royal family use homeopathy
- Homeopathy is established all over the world -1890
14,000 homeopaths (compared to 100,000 physicians).
- In America 22 homeopathic schools and 100 homeopathic hospitals.
- Homeopathy decline as rise of Medicine and drug industry
- Past 20 years Homeopathy becomes popular again.
- CAM use is popular and widespread in the UK (Thomas 2001, 2004) and the USA (JAMA)

1st Principle

Similia Similibus Curentur

- Let like be cured with like
- Anything that can produce symptoms in a healthy person can also cure those symptoms in a sick person
- Onion, Stinging Nettles, Bee Sting, Arsenic, Belladonna, Nutmeg, Tobacco, Coffee

2nd Principle

Individualism & Holism

- The Whole Person
- Physically, Mentally and Emotionally
- Individualising the prescription to fit the patient

The Individual

Pulsatilla Baby

- Teething
- Sore Gums
- Diarrhoea
- Weepy
- Needs cuddles
- Whiney
- Face pale

Chamomilla Baby

- Teething
- Sore Gums
- Diarrhoea
- Angry
- Demanding
- They don't know what they want
- One cheek red other pale

3rd Principle

The Healer Within – The body's own healing energy

- The Vital Force (The Chi)
- Vital Force expresses imbalance via symptoms
- Remedies stimulate the body's own healing energy to heal itself

4th Principle

The Minimum Dose

- One remedy at a time, no concoctions
- Potentising the remedy – this refers to the preparation of a homeopathic remedy. The medicines are prepared by successive diluting and shaking to the point where the resulting medicine contains no molecules of the original substance.
- The higher the dilution the greater the potency of the remedy

Remedy Preparation

- Plants are made into mother tincture
- Mineral and Metals are triturated
- Dilutions + Succussions = Potencies
- Avogadro's constant

A Comparison of Homeopathy and Conventional Medicine

- *Homeopathy*

- Symptoms are a healthy reaction of the body's defense mechanism.
- Treats the WHOLE patient according to the illness.
- The aim is to strengthen the body so it can resist harmful organisms.
- The remedy does not act directly on the tissues and are non toxic, remedies have never been recalled.

- *Conventional medicine*

- Symptoms are manifestations of the disease, to be opposed or suppressed.
- Treats the patient according to the disease.
- The aim is to identify the organism and select a drug to destroy the specific germ.
- Medicines are often toxic with side effects - Iatrogenic illness is on the increase.

A comparison of Homeopathy and Herbalism

- *Homeopathy*

- The potentized medication contains non or only minute amounts of the original substance
- One remedy at a time
- Prescribed according to the law of similars.
- Nontoxic.

- *Herbalism*

- Uses the undiluted original substance
- Uses a combination of a number of herbs.
- Many medicinal herbs are toxic and it may be difficult to determine a “safe” dose.

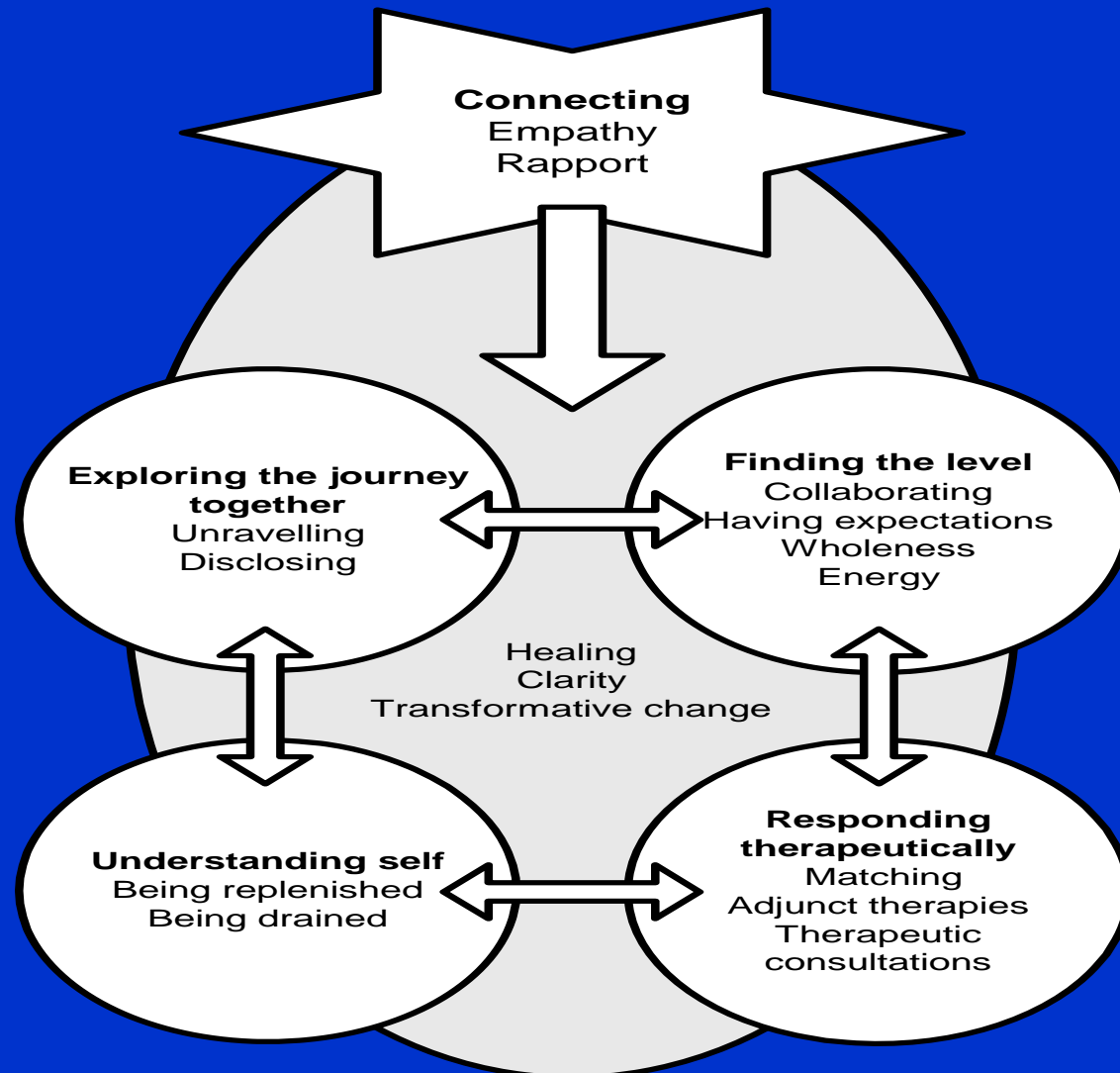
The Substance of Remedies

- Plants – Arnica, calendula
- Minerals – Calc Carb, sulphur
- Animals – Bee Sting,
- Poisonous substances – Belladonna , snake poisons
- Substances that cause disease (Isopathy)
– Pollens,

The Consultation

- Patient presents with symptoms
- Case taking for 1st consultation takes 1 1/2 hours.
- A similar remedy is given that matches the patient on all levels mentally, physically and emotionally.

UK model of classical homeopathic consultation



Consultation

Homeopathy treats the person and not the disease....

Homeopathy can treat people of all ages from infancy to old age. These are the conditions that people commonly consult a homeopath with:

- Women in pregnancy.
- Eczema, infantile colic
- Hormonal issues, PMS, menopause etc.
- Recurrence of illness i.e. ear infections
- IBS, post viral, Migraines, headaches etc
- Anxiety, depression, grief, behavioural problems in children etc.

Research Evidence

- Do ultra dilutions work?
- How do ultra dilutions work?
- What can ultra dilutions treat?
- The consultation

Research evidence

- In vitro, animal, and human psychophysiology studies show that homeopathically-prepared remedies exert measurable effects not seen with control solvents or placebos (Ennis, Benveniste – Histamine)
Reproducibility is an issue
- The memory of water - Benveniste
The structure of water – Rey (thermoluminescence)
- Large-scale observational studies in primary care consistently show long-term clinical improvement at rates of 70-80% with high levels of patient satisfaction and low rates of adverse effects
- RCT and related meta-analysis studies are mixed, revealing various methodological flaws and poor external validity across many positive and negative studies

Research evidence

- Are RCTs appropriate as there are specific effects (the remedy) and non specific affects (the consultation) of the treatments
 - Blinding
 - Individualising
 - Diagnosis before trial
 - Separation of specific and non specific effects
- Pragmatic trial – research as “real life”, measured against usual care
- Whole systems mixed method approaches are appropriate for researching complex interventions
- Need to understand the nature and mechanism of homeopathic remedies

Homeopathy around the world

- Classical/Complex homeopathy
- Isopathy
- Medical and non medical practitioners
- UK, Europe, North America, South America, India....