

What is Homeopathic Medicine and what can it do for you?

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Who and when was Homeopathy discovered

- Homeopathic Medicine was discovered by a German physician named Dr. Christian Friedrich Samuel Hahnemann in 1790.
- In Germany he practiced as a conventional doctor for nine years but grew disillusioned with the harsh medical methods of the day.
- In 1790 Hahnemann he began researching a new type of medicine he called "Homeopathy".
- He conducted tests ("provings") on himself and, later, on patients.
- Before giving a prescription he would do a thorough physical examination and noted existing symptoms.
- He would question the patient's lifestyle, general health, outlook on life, and other factors that made them feel better or worse.
- He followed the principle of "likes cures likes".
- He would match the patient's symptoms as closely as possible to the symptoms produced by a particular remedy and prescribe accordingly.
- In 1812 he began teaching homeopathy at the University of Leipzig.
- He proved about 100 remedies during his lifetime and continued to develop and refine the theory and practice of the system.

What is Homeopathy

- Homeopathy is derived from the Greek words –Homoios=Similar, and Pathos=Suffering.
- Homeopathy is based on the law of “Similia Similibus Curentur”, which means “Let likes be cured by likes”.
- This is explained by a remedy which in large doses could create a particular set of symptoms, can in minute doses, relieve the same symptoms.
- Homeopathy is a complete system of medicine which aims to promote general health and deep and lasting cure, by stimulating the body’s own natural healing capacity by the minute doses which is prescribed in Homeopathic form.
- Homeopathic is effective with no side effects It is a holistic form of medicine, aiming to treat the whole person rather than just the physical mental symptoms

How Remedies are made

- Hahnemann developed a technique called “potentization”.
- which involved diluting the medicine and shaking it on a hard surface during preparation.
- “Succession” is this turbulent motion which released more potency into the medicine even at lower dilutions,
- Allowing a lower dosage to be administered.

The 5 steps to making a remedy

1. Plant, animal, mineral substances are prepared by being dissolved in water or by being grounded.
2. Planet materials are left to stand for several weeks and shaken periodically, mineral-based mixtures may be processed immediately.
3. When mixture is ready strain it through a filter or push it through a press to extract the liquid. It should be stored in a dark glass jar.
4. Then succuss the liquid, shake it vigorously or bang the jar firmly on a hard surface. Succussion is what potentize the liquid.
5. When tincture is correct strength and potency you add the required amount of drops to lactose tablets, granules, or powder in dark glass bottles.

The Remedy Strengths

- The more dilute a remedy the stronger it is and the higher the number or potency a less dilute remedy is not as strong and has a lower number ("potency").
- The more diluted a remedy is it is stronger producing a longer action and deeper effect than less dilute remedies.
- Remedies have a number such as 6ch, 30ch 200ch 1m after the name.
- This number indicates how many times a remedy has been diluted and succussed.

How does Homeopathy Work

- The vitalistic concept claims that all living things possess a subtle energy beyond their physical and chemical, and that even inanimate matter may contain vitality.
- Hahnemann applied this view to both the human body and to inert substances from all kingdoms of matter.
- Hahnemann viewed ill-health as the result of an internal imbalance affecting the body's vital force and disrupting its equilibrium.
- If this vital force is put under strain or weakened by this imbalance illness may develop and then the vital force produces symptoms.
- These symptoms may manifest themselves externally producing such as fever or a skin rash or emerge as emotional or psychological states such as weepiness or great irritability.
- A effective medicine helps the vital force to redress the internal imbalance enabling the symptoms produced by that imbalance to disappear and homeopaths strive to achieve this.

How does Homeopathy Work

- Homeopathic Medicine is given based on a person's constitution which is a person's state of health, and temperament and any inherited and acquired characteristics.
- When the symptom picture matched the particular set of symptoms produced by an illness or imbalance in a patient.
- That remedy was indicated as the most effective at stimulating the vital force to treat disorder.
- Homeopathy is to establish which remedy most exactly matches a patient's symptom picture.
- As a patient progresses toward being completely cured, symptoms move from the body's inner organs (most vital) to outer organs (less vital). Cure usually takes place from the top of the body to the bottom; example head symptoms clear first, then by any symptoms on the extremities.
- Old symptoms of illness often resurface usually in the reverse order to that in which they first appeared.

How Homeopathic Doctor prescribes Homeopathic Medicine

- A Homeopathic Doctor collects a wealth of information about a patient, to build up an overview of the information about symptoms which is called "taking the case".
- The Homeopathic Doctor ask questions such as: Physical Wellbeing, Medical History, Environment, Personality, Life Events, Life Management.
- An individual's unique adaptations to their surroundings and their idiosyncratic ways are respected for making an individual what they are.
- The way they adapt to new home, family, or work environment; their reactions to external circumstances; their past and present experiences; and their general state of mind are all key attributes of patient assessment.
- A person's symptoms are seen as reliable clues to the most suitable remedy to activate the self-healing powers of the individual's vital force.
- Characteristics of bodily functions and functional disturbances are also noted.
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How to take Homeopathic Medicine

- Homeopathic remedies comes in: tablets, pilules, grannules, and powder mother tinctures, ointments and creams.
- Do not eat for 30 minutes before taking a remedy.
- Do not eat for 30 minutes after taking a remedy.
- Avoid strong foods and drinks, such as coffee, spicy foods, and alcohol or consume them in moderation.
- Avoid brushing your teeth 30 mins before or after taking a remedy.
- Avoid using strong substances, such as household cleaning products.
- Avoid medicinal substances and certain products such as eucalyptus and peppermint.
- Do not touch or handle a remedy.
- Store homeopathic products properly.
- Take the 4 pills put them in cap and then put them under the tongue.
- It will dissolve under the tongue sublingually which goes directly into the bloodstream.
- Liquid Medicine put 10-15 drops in 1 tablespoon of water and swallow it.

Key Remedies Argentum Nitricum

- Argentum Nitricum are: often found in jobs that require quick thinking and a good memory with an emphasis on performance, acting. Driven individuals who think, talk, and act rapidly.
- Fears and phobias: Heights and high buildings
- Enclosed spaces and crowds
- Failure in business
- Being late and being alone and bulgars
- Losing self-control; like resisting reckless behaviour and dangerous impulses, such as jumping from a high window.
- It is given for digestive complaints like diarrhea, gas, vomiting, and pulsating headaches with a slow onset, caused by eating too many sweets foods or by nervous excitement.
- Pain that is better from pressure and fresh air but worse with movement or from talking,
- Asthma colicky pain during weaning, warts, laryngitis, hoarseness, sore throats, epilepsy, and dizziness.
- Given to woman for a bearing down sensation in the uterus due to prolapse or menstruation. In
- Inflammation of mucous membranes in the eyes and used for conjunctivitis.

Key Remedies Arsenicum Album

- Arsen Album are: tense, restless, ambitious, worry about their own health
- And their family's health.
- Deeply pessimistic with constant reassurance, elegance and finesse personified.
- Critical and intolerant of disorder and imprecision.
- Key uses anxiety and fear caused by deep-seated insecurity
- Digestive disorders include food poisoning that causes burning, vomiting, indigestion, diarrhea, and gastroenteritis.
- Asthma with breathlessness, mouth ulcers
- Fatigue due to a physical illness such as anemia, or asthma
- Fluid retention around the ankles.
- Ailments pain that is better for heat.

Key Remedies Calcium Carbonicum

- Calc. Carb are outwardly strong, and stoical-looking.
- Shy, contemplative nature. Very healthy, enthusiastic in their work and diligent. When ill tend to be depressed and introspective. Becomes difficult and they need reassurance.
- Used for slow development of bones and teeth.
- Right-sided headaches, ear infections with sour-smelling discharge and right eye infections white part of eye is red.
- Eczema, candidiasis, pms, heavy menstruation, menopausal symptoms; and digestive disorders.
- Ailments characterized by fears, and anxieties, profuse, sour-smelling perspiration, and sensitivity to cold.

Key Remedies Graphites

- Graphite are anxious, timid, apprehensive, indecisive, and easily startled. Sustained mental effort is difficult for them sense of being intellectually slow. Attracted to manual jobs.
- Skin complaints weeping eczema behind ears, knees, on the nostrils, palms, fingertips and nipples.
- Metabolic imbalance that cause skin complaints such as psoriasis and dry, cracked skin; cuts that easily become infected and pus-filled; scar tissue that hardens; keloids (raised, itchy scars)
- Obesity and ulcers caused by a weakness in the stomach lining.
- Cold sores, hair loss, cramps and numbness in the hands and feet.
- In woman is given for infrequent, light or absent menstruation; enlarged ovaries, swelling of the breast and late menstruation with constipation.

Key Remedies Ignatia

- Ignatia are woman are sensitive, artistic, cultured, and emotionally, fragile, high-strung, with ideals and expectations. When things go wrong they blame themselves.
- Used for extreme emotional stress, grief, shock, anger and the suppression of these feelings.
- Bereavement with mood swings, hysteria, insomnia,
- Sudden tearfulness, self-pity, self-blame, repressed response to anger or violence, fear of being thought forceful, depression and shock.
- Coughs and sore throat
- For prolapsed rectum with sharp upward shooting pains painful uterine spasms during menstruation and hemorrhoids.

Key Remedies Lachesis

- Lachesis types are perceptive, creative and ambitious live life intensely and have a sense of physical and mental congestion that can be relieved only by a form of discharge, such as a nosebleed or expressing their views.
- Used for varicose veins, skin appears purple –blue on face, ears, fingers and toes.
- Weak heart, rapid pulse, palpitations, angina, and difficulty in breathing.
- Used for menopausal hot flashes premenstrual symptoms
- Congestive menstrual pain that is better for blood flow.
- Sore throats that are swollen and dark purple
- Left-sided with pain in left ear and worse from swallowing fluids.
- Petit mal attacks seizure and fainting. Slow-to-heal, blue rimmed wounds, red boils, nose-bleed, left sided headaches, fever, vomiting, appendicitis, and gastrointestinal complaints and bleeding hemorrhoids.

Key Remedies Lycopodium

- Lycopodium types have an air of quiet self-possession, stability and detachment that inspires respect but actually there is a sense of inadequacy.
- Intellectual, conservative outlook, holds prestigious positions such as diplomats, executives, lawyers, and doctors.
- Digestive disorders like indigestion nausea, vomiting, distended bloated abdomen with gas constipation and bleeding hemorrhoids.
- Right-sided remedy a desire for sweet foods.
- Enlarged prostate and kidney and bladder problems caused by kidney stones.
- Emotional problems caused by insecurity, nervousness, anxiety, impatience, cowardice, fear of being alone, insomnia, talking and laughing during sleep, night fears, fear upon waking.

Key Remedies Mercury Solubilis

- Merc. Sol types are introverted and closed, with a strong emotional undercurrent. Detached and arrogant, has a internal sense of haste which they are at pains to restrain.
- Remedy used for profuse, burning, strong-smelling, secretions, associated sensitivity to heat and cold.
- Mouth and throat complaints excessive salivation, thrush, gingivitis, inflamed gums, halitosis, tonsillitis, infected gums, painful, swollen, and throat ulcers.

Key Remedies Natrum Muriaticum

- Nat. Mur types are sensitive and refined, are woman easily wounded by criticism or insults. They become introverted and appear stoical and self-reliant. Impose loneliness on themselves, but actually desire the company of others.
- Used for anxiety and depression caused by suppressed grief.
- Used for conditions with watery discharge colds, phlegm of profuse clear mucus.
- Mouth problems: gingivitis, inflamed gums, dry cracked lips, mouth ulcers, halitosis.
- Skin complaints warts, hangnails, boils painful acne.
- Goiter, anemia, indigestion, hard stools, constipation delayed urine flow.
- In woman absent menstruation induced by shock, or grief, irregular menstruation.
- Good for a dry or sore vagina, vaginal discharge, and vaginismus pain during intercourse.

Key Remedy Nux Vomica

- Nux Vomica is high-strung energetic, competitive achievers, they work and play hard. Intolerant of criticisms toward themselves highly critical of others insisting on perfection.
- Used for extreme oversensitivity and irritability angry and frustrated
- When expectations are not met. Become when ill when repress anger.
- Indigestion, vomiting, diarrhea, painful cramps, nausea, constipation, hemorrhoids.
- Colds with blocked nose at night and a runny nose at night.
- Flu with fever and stiff, shivering, aching muscles, tickly coughs, and asthma.
- Headaches and margarines
- Early, heavy, irregular menstruation, cystitis frequent urination cramps, morning sickness in pregnancy and labour pain.
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Key Remedies Phosphorus

- Phosphorus types are open, expressive, affectionate, and with artistic flair.
- Empathic giving of themselves.
- Enthusiasm short-lived energy is diffused offer more than they can deliver.
- Used for anxiety and fear
- Bleeding problems such as nosebleed, gums.
- Respiratory complaints asthma, bronchitis and pneumonia.
- Digestive disorders nausea, and vomiting.
- Ailments caused by burning pain.

Key Remedies Pulsatilla

- Pulsatilla types are always woman sweet-natured shy, kind, and gentle. Dependent on others for support accept guidance and advice.
- Makes friends easily
- Used for ailments accompanied by profuse yellow or yellowish green discharges phlegm from a cough or runny nose or or sinus congestion.
- Digestive problems caused by fatty foods such as indigestion, nausea, and vomiting and gastroenteritis.
- Gynecological problems such as menstrual and menopausal problems fatigue, morning sickness in pregnancy.
- Emotional problems such as depression.

Key Remedies Sepia

- Sepia types are woman adopt a martyr's role in life and feel and feel on the brink of being overwhelmed by their responsibilities. As a result they harbour deep-seated resentment.
- Used for gynecological complaints such as pms, painful and heavy menstruation, hot flashes during menopause.
- Sagging or prolapsed uterus.
- Helps with pain during intercourse and feel exhausted afterward.
- Exhaustion such as aching back and sides due to muscle weakness.
- Indigestion from milk and fatty foods with gas and tenderness in the abdomen.
- Profuse sweating and sweating food.

Key Remedies Silica

- Silica people are tenacious and stubborn appear fragile, and passive. Despite being friendly and sensitive, they have a brittle demeanor. Lack of confidence and fear of responsibility which makes them flexible and hesitant in undertaking new tasks.
- Used for undernourishment that leads to a weakened immune system and recurrent infections of colds, flu, and ear infections.
- Skin and bone complaints
- Nervous system problems inability expel stool so that it slip's back into the rectum.

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Key Remedies Sulfur

- Sulfur types expend a great deal of energy in imaginative and inventive thought, they are inept on a practical level.
- They are pedantic and egotistical with a strong need for recognition.
- Skin complaints especially eczema where the skin is red, inflamed, itchy and hot.
- Digestive disorders indigestion vomiting and chronic diarrhea that occur early in the morning.
- Premenstrual problems headaches, irritability, and insomnia, painful or irregular menstruation and for menopausal symptoms.
- Mental stress; lack of energy and willpower, forgetfulness, irritability,
- Depression disturbed sleep with nightmares; early waking and in decision.

Status of Homeopathic Medicine Today

- By the time of Hahnemann's death in 1843 homeopathy was firmly established in many parts of the world.
- Homeopathy's popularity continues to spread and recent trends show a strong resurgence in the U.S.
- Single-remedy prescribing is prevalent worldwide but in Germany and France the use of complex homeopathy known as polypharmacy (the use of combination or several remedies).
- In Australia homeopathy has become strongly linked with naturopathy.
- In India both Ayurvedic medicine and conventional medicine.
- In 1990's British teachers revitalized an interest in homeopathy in Eastern Europe.
- In Russia it continues to be developed and in South America homeopathy has become so popular that it is taught widely in medical schools.