

Centre for Integrative Medical Training
In Association with NHS Tayside Homeopathy Clinic &
The Academic Department, Royal London Hospital for Integrated Medicine



Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Part 1.1

Welcome to part 1 - Introductory Session

These handouts provide the learning objectives for each session and provide you with space to take your own notes.

For a detailed expansion on each of the presentations please refer to the detailed on-line course modules as detailed below.

Links to recorded lectures and case illustrations are marked with this icon.



Accessing On-Line Video

You should find that placing your cursor over the link address eg <https://youtu.be/yK5OOTZ4vjI> and clicking once will open the on-line video in your client webbrowser.

Section 1

Objectives

By the end of Part 1 you should:

- have grasped the basic principles of homeopathy
- have an outline knowledge of the history of homeopathic medicine
- have some awareness of the practical applications of homeopathy
- understand the Principle of Similars
- know something about the sources of homeopathic medicines
- understand the terms 'mother tincture' and 'trituration'
- have a concept of what potentisation is
- have an understanding of dilutional scales
- know something about the clinical indications for *Arnica montana*
- have an outline knowledge of four remedies commonly indicated in pain and know when you might prescribe them

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Basic Principles - An Overview

Derivation

The word 'homeopathy' is derived from the Greek words *homoios* meaning like or similar, and *pathos* meaning suffering.

What is Homeopathy?

Homeopathy is a branch of therapeutics in which the ill person is exposed to something that stimulates healing. The stimulus is selected to 'mirror' the illness state. It is derived from a substance that would (under other circumstances) cause the same symptoms and reactions as the illness that it is being used to treat.

Sometimes organisms do not self-heal after shock, injury or infection - even though, objectively, all the mechanisms for healing are intact. This is because the integration of these mechanisms has been disrupted and they are not coordinated in time or space. Although living systems are self-equilibrating they can be pushed into chaotic dysfunction by shock, injury, drugs, infection and a number of other stressors.

In these stressed states the organism becomes extremely sensitive to any stimulus which 'mirrors' their functional disturbance. Such stimuli can re-establish or normalise homeostatis within the system as a whole, effectively unblocking the organism's natural healing response.

In order to understand the difference between a homeopathic and non-homeopathic approach to treatment, it is important to make a distinction between *systems* and *mechanisms*. We will discuss this distinction in some detail later in the course.

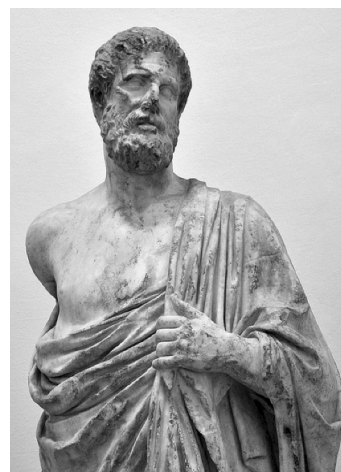
What are the special features of homeopathy?

Effective homeopathic treatment is critically dependent on two things:

- **the use of the correct homeopathic medicine**

and

- **the timing of its administration.**





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The strength and frequency of dosage (posology) are also important. The strength of the stimulus in homeopathy is not related to the physical dose of the active substance, but is related to the potency (roughly analogous to 'signal strength') we will discuss what we mean by potency at some length in the homeopathic pharmacy section of this Unit.

Selection of medicine

When we select a homeopathic remedy we consider:

- the individual signs and symptoms in that particular patient
- the specific context in which these symptoms have arisen
- the remedy which most accurately reflects the particular dynamics in that patient's current state (explained later)

Posology:

ie potency, quantity, frequency of dosage

Because homeopathy facilitates self-healing - using a very 'state-specific' treatment - the rules of treatment are not the same as those that are applied in pharmacology. Pharmacology is dominated by the concepts of agonistic and antagonistic action ('lock and key' models)

Drugs exploit the functional features of organic compounds that have key roles in human biochemistry. Synthetic analogues of these compounds are used to either (1) block receptors and enzymes, or (2) to augment their activity. (In modern pharmacology, there are also new classes of drugs which modulate systems, particularly in relation to immunochemistry.) Nevertheless, all the treatment models in pharmacology are essentially materialistic and manipulatory in their conception.

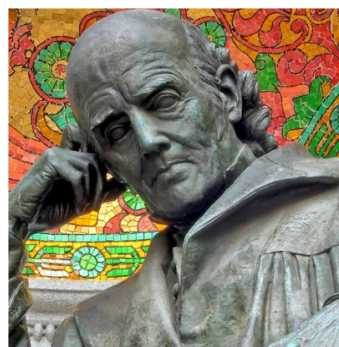
The treatment models for pharmaceuticals must be contrasted with homeopathy - which is entirely facilitatory in its approach. In terms of homeopathic dosage and frequency, the basic rule in homeopathy is (1) to use the minimum force required to initiate the desired changes and (2) to give the organism every opportunity to resolve its own 'systems-disturbances'. (Which means that we do not intervene with further treatment, while the patient's signs and symptoms indicate that they are improving.)

Remedy Selection

Around two hundred years ago, the German physician, Samuel Hahnemann, wrote the following:

'The totality of symptoms and circumstances observed in each individual case, is the one and only indication that can guide us to the choice of the remedy.'

Hahnemann (1755 - 1843) **Organon**, 6th ed, Para 18,
Trans Kunzli, Naude and Pendleton



Contextualised Treatment

Hahnemann's aphorism raises the question of what we understand by the 'totality of symptoms'. The first thing to recognise, is that every response in a living organism has a context. Contexts include: specific trigger events, particular genetic predispositions and other complex factors which we do not yet fully understand, including the influence of 'memory' ie. information previously 'coded' into the system (psychological memory, immune memory and genetic memory, for example)

Individualisation

Because the context for a condition is never exactly the same in any two people, it is obvious that no two individuals ever respond in an identical way to a trigger event. Every individual shows idiosyncrasies in their response. These idiosyncrasies also indicate how each individual adapts differently to disturbances in their equilibrium.

The pain of an inflamed joint might be improved by hot compresses in one patient and cold applications in another. This shows us that there are idiosyncrasies in the physiology of their inflammatory states.

Even if these two patients have the same diagnosis, they still require entirely different homeopathic remedies: ie materials that properly mirror the different dynamic states in these two individual patients.

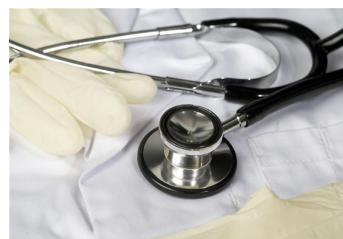
In order to identify the different homeopathic requirements of different patients, we need to pay special attention to each person's unique array of symptoms and reactions.

Dr Weissner speaks about what 'treating the whole person' means to her: <http://youtu.be/qBKyB9sZzjI>)

Integrating Homeopathy Into Medicine

It is important to remember that we are health care professionals, first and foremost, and continue to identify, as far as is possible, the:

- diagnosis
- illness aetiology
- patient's compensations and adaptations to illness
- likely prognosis
- patient's perception and understanding of their condition



In the process of broadening your treatment skills, you must never abandon your diagnostic skills. Accurate diagnosis saves lives and prevents suffering. However the diagnostic label can also be part of a holistic synthesis that provides the basis for homeopathic healing. Integration:
<http://youtu.be/xiPXX6uSWkA>

Refined Patient Information

In Part 2 we will look carefully at special modifications to our accustomed history taking. These modifications will help us to identify well-indicated homeopathic treatments. In addition to the systematic medical history that we are already familiar with, the following information is gathered to the highest level of precision and detail:

- details of personality and intellect - mind symptoms
- systemic reactions - generals (defined later)
- organic symptoms - particulars (defined later)
- modalities (changes in signs or symptoms in response to environmental factors such as time, weather, food, etc.)
- individualising information of all kinds: including the particular chronology of the disease
- the triggers, treatments, environments and circumstances which have influenced the evolution of the illness.



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Further reading:



At home read about the history and background to homeopathy in your companion reader, before checking your understanding of this section with the questions below.

SAQ 1.1

Self Assessment Questions



Try to answer the following questions.

If you are unclear on any of the points below, please refer to the previous section and read the relevant passages of the text, before progressing to the next section. [If you are using the online study log at www.RLHH-education.com](http://www.RLHH-education.com), please [log in and complete the SAQ online](#).

1. What is the derivation of the word homeopathy?
2. What was the name of the physician who elucidated the main principles for this branch of medicine?
3. What did he say was the main prerequisite for the selection of a homeopathic remedy?
4. What factors are important for a successful response to a homeopathic stimulus?
5. Does every patient with the same diagnosis receive the same homeopathic treatment? Explain.
6. What is the main difference in the treatment models for pharmacological versus homeopathic medicines?
7. Should a homeopathic doctor think diagnostically? If so, why?
8. What kind of information is emphasised in the history taking process, for patients who require homeopathic treatment?

The Principle of Similars

What a substance can cause in terms of toxic or physiological symptoms, it can also cure when administered in a homeopathic form.

Similia Similibus Curentur

Onion (*Allium cepa*) can produce coryza, conjunctival and mucosal irritation.

It can also ameliorate symptoms when administered to hay fever sufferers, with similar symptomatology. <http://youtu.be/nQ8-KBIshps>

When a patient is ill, it follows that they are not responding efficiently or appropriately to external triggers, trauma or invasions. An efficient and appropriate reaction would quickly restore health within the organism.

Such disease states will sensitise the organism to suitable homeopathic stimuli.

If a homeopathic drug is introduced, which has pattern-information analogous to the disease state (*similimum*), the organism will "recognise" the deficiencies in its current response, and displace the illness by means of an appropriate response.

Corollary idea: *The Minimum Dose*

The remedy must be in a form which is suitably attenuated, such that it will provide a sub-clinical stimulus, rather than a toxic one. ie administered in the form of a homeopathic potency (described later)

Corollary idea: *The Single Remedy*

The remedy must be chosen to accurately reflect the **current state** of the patient to be effective. Incorrectly chosen remedies are not recognised as relevant, and are ineffective.

In some conditions there are disturbances of local tissue response. In this situation, a material with a **toxic affinity** for the tissue in question, can be applied in a homeopathic form. If it reflects suitable pattern information which is relevant to the local disturbance, the tissues will 'resonate' with the material and evoke a healing response. Materials used in this way are often used in the form of micro-doses. Chronic states sometimes require frequent repetition of the dose.

Paradoxical effects of 'microdoses' may relate in part to various receptor threshold phenomena. *Digoxin* will produce arrhythmias when given in toxic concentrations, but will stabilise rhythm when given as microdoses or in the form of a potency.

2. EXPLORING SYMPTOMS - What Are *Modalities*?

MODALITIES are - '*Modifying Factors*'

- Circumstances or Conditions (heat, cold, movement, pressure light)
- Times of Day

Aggravation Represented by '<' eg: Pain < Movement (pain worse for movement)

Amelioration Represented by '>' eg: Pain > Movement (pain better for movement)

MODALITIES can apply to any or all of the following:

- Local Physical Symptoms
- Mind Symptoms
- General or global state of the patient

The importance of recognising and recording modalities is that they:

-Allow us to *Individualise* the patient and his/her symptoms and this makes it possible for us to identify the *Medicine* which is the best 'mirror' to the patient's illness state. ie The *Similimum* (or 'best fit' homeopathic treatment for his/her presentation)

MODALITIES are frequently provided for us by the patient and it is often unnecessary to ask a lot of extra questions. So:

- *Listen carefully and Observe* throughout the interview

