

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

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Part 1.4

# Isopathy

Homeopathy is concerned with finding a treatment which is **homologous** with the disease. Isopathy is an important variant of this principle and involves the use of the material which **causes** the disease. An example would be the use of potentised pollens in the treatment of hayfever.



Isopathy is of most consistent value in the treatment of allergies. There are a few important guidelines that help to ensure success:

- Identify the possible allergens by means of the history.
- Identify prevailing seasonal or environmental factors.
- If there are several allergens implicated, use allergy testing to assess the patient's relative sensitivity to each.
- Avoid an isopathic approach where several different allergen groups are implicated. (The management of multiple sensitivities will be covered later in the course.)
- Vary the potency and dosage frequency, according to the patient's age and response pattern.

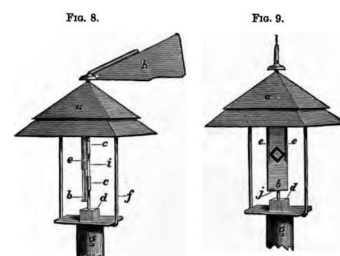
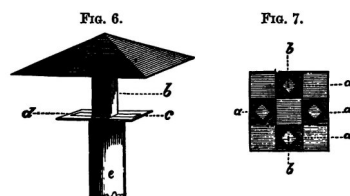
## Hayfever and Pollen

The first scientific papers which linked hayfever to pollen were published in the *British Homoeopathic Journal* following experiments conducted by Dr Charles Blackley. His observations were published in a treatise in 1873 and revised and republished again in 1880.



Blackley, who worked for a time at the London Homeopathic Hospital, devised a number of ingenious pollen traps, including one which was lifted on a kite to high altitudes. He used these to collect pollens and correlate their concentration in the atmosphere relative to atmospheric conditions and the incidence of hayfever symptoms in the populus.

Blackley's work placed the role of pollens in hayfever beyond any doubt and received wide recognition.



More than 100 years later the subject of pollens in hayfever was revisited by another Homeopathic physician, Dr David Reilly, becoming the model for his double-blind, placebo- controlled trial.

The object of the trial was to demonstrate whether ultramolecular potencies of pollen were demonstrably more active than placebo in treatment of hayfever. This important trial showed a significantly greater improvement in the severity of symptoms in the actively treated group. [https://doi.org/10.1016/S0140-6736\(86\)90410-1](https://doi.org/10.1016/S0140-6736(86)90410-1)



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## Treating Hayfever with Isopathic Pollens

Allergen desensitising injections are associated with some degree of risk from anaphylaxis. The use of ultramolecular potencies of allergens is free from risk of anaphylaxis.

Different physicians tend to use different rationales. One of the most popular is to issue mixed pollen and grasses 30c in the form of either tablets, or sachets of granules. The patient is instructed to take one dose every 5-7 days.

Some patients require to continue the course for the duration of the hayfever season and are then asked to stop. It is usually advised that patients discontinue the course if they experience an aggravation of symptoms shortly after a dose, since this will normally be associated with a subsequent amelioration of symptoms lasting many days or weeks. A table of inhaled allergens currently available in homeopathic potency is shown overleaf.

### ACTIVITY:

Watch the Video Presentation on Isopathy



<https://youtu.be/dybieH9yvAI>

Some case studies relevant to isopathy are provided on the video.