

Centre for Integrative Medical Training  
In Association with the Centre for Integrative Care &  
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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*Suppression*

Part 2

## Suppression

Homeopathy is about stimulating adaptive change and helping the organism to self-heal as far as possible.

The distinction between 'symptom control' and 'healing' is not always clear to the patient and every new health event brings the need for fresh decisions about treatment.

Firstly - is intervention required at all?

Secondly - if it is, should treatment be directed towards:

a) **the cause**

eg. Surgery for hip fracture; *Oscillocochinum* for influenza

or

b) **the symptomatology**

eg. Lactulose for medication-induced constipation,

or

c) **the functionality** of systems through either:

i) correction of deficiency states eg. vitamin B<sub>12</sub> supplementation

ii) a systems-reset (eg cardioversion for atrial fibrillation)

iii) a stimulus that is homeopathic to the systems disturbance.

One of the problems facing the homeopathic practitioner, is the fact that patients often 'pick and mix' their treatment choices and are often ill-equipped to make informed choices, even with minor problems.

In young patients, intercurrent acutes are often treated 'ad hoc' and, between acutes, homeopathic practitioners sometimes have carte blanche to resolve sub-acute problems like eczema or acne without too much interference from conventional drugs.

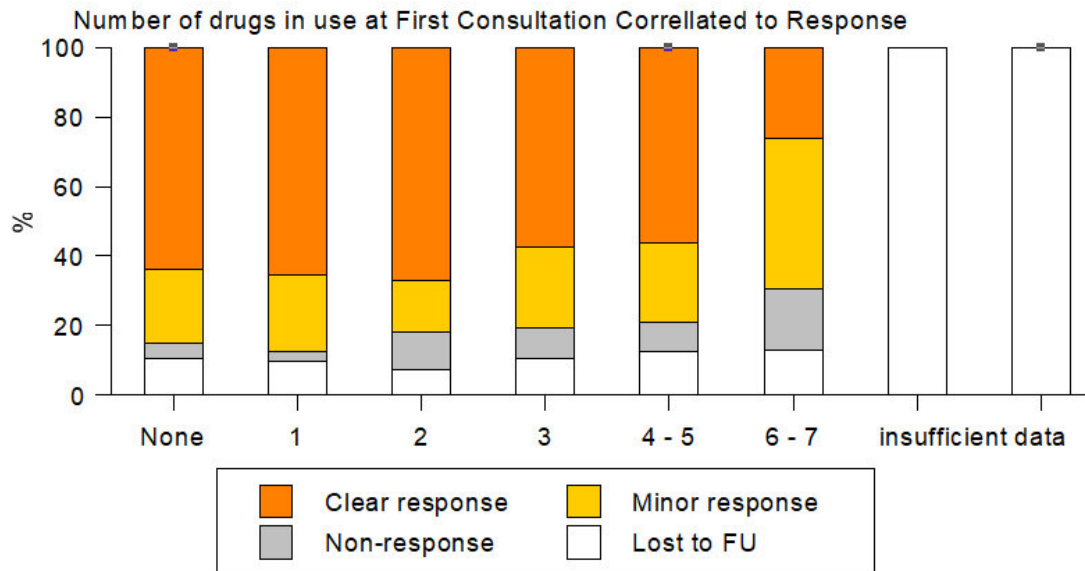
In older patients, it often becomes increasingly difficult to take a classical or idealistic stand on treatment, since many patients are on concurrent conventional treatments as a matter of course.

The extent to which conventional drugs interfere with the response to homeopathy has not been fully established and it appears to vary from case to case, depending on which drug combinations the patient uses, the dosage, dose frequency and possibly the posology of the homeopathic medication being tried.



SUPPRESSION "Placebo Reality"  
LP Chaotic Noise Productions (label)

The diagram below shows, proportionally, the global response to homeopathy, in an active out-patient population at a regional homeopathic clinic, correlated against the total number of drugs in use at the time of the patient's first visit.



NHS Tayside - Homeopathy Clinic  
Services Report & Survey 2018-19



On a practical level, Heiner Frei and others have observed that the use of LM or Q potencies, appears to yield better results, over time, in patients living with multi-morbidity or polypharmacy.

It is probably the case that frequent repetition of material doses over weeks, is more effective in getting round the chronic suppression that is inherent in most conventional drug use. This, however, is an idea that requires further rigorous research before we can reach any sound conclusions.

A pragmatic approach to prescribing can often be found among homeopathic practitioners whose practice attracts a mixed case-load, particularly those practitioners whose case-load is dominated by chronic physical illness.

A more idealistic and uncompromising standpoint on drugs and symptom suppression, can often be found among homeopathic prescribers who deal predominantly with functional illness in higher socio-economic groups.



In his blog: *Don't Confuse Real Healing With Suppression Of The Disease*, the homeopath / naturopath Dana Ulman summarises some views on suppression that are commonly held within the wider homeopathic community.



Read through this opinion piece and consider what kinds of clinical research would be required to investigate the central assertions in his argument.

## Suppression - a wider interpretation

It has long been postulated that when suppression is applied to entire living systems, then decompensation, dysfunction and illness results. This is a complex and abstract concept which will be explored in greater depth later in your studies.

Suppression of discharges, suppression of exanthemata, and suppression of menstruation has a heritage of association with certain treatment lines in homeopathy. You may wish to explore this further, after you have been introduced to the Repertory later in your studies.

For the time being, consider the consequences for health of the following:

- Suppression of creativity (eg due to ideology)
- Suppression of humour (eg by culture or inculcation)
- Suppression of sexuality (by religion, culture)
- Suppression of self-expression (by censorship)
- Suppression of choice (by state / political pressure)
- Suppression of love (by social 'norms')
- Suppression of movement (by disability, imprisonment)



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