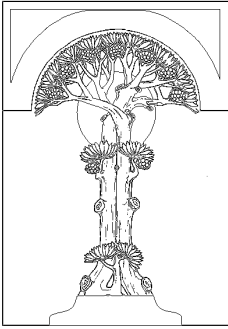


Centre for Integrative Medical Training
In Association with London Integrated Medical Health Education



Intermediate Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

Unit 24

Materia Medica Studies and Therapeutic Pointers for Week 4

The distinction between homeopathy and other complementary therapies that use natural medicines - An overview by Sinead O'Hara

Homeopathy is just one of a number of complementary therapies which use oral medicines as treatment. The relationship between these therapies compared with allopathic medicine is shown below:

	More molecular Decreasing energy	Less molecular Increasing energy
Flower essences	↓	↑
Homoeopathic potencies		
Biochemic tissue salts		
Herbs		
Allopathic drugs		

Generally when comparing homeopathic remedies with other complementary medicines they are said to be of intermediate energy. This is certainly true of the more standard potencies e.g. 6c and 30c, which do contain less molecules and more energy than herbs or tissue salts, and a lower vibrational frequency than flower essences. However, homeopathy is probably the most versatile of all these therapies since it is possible to use homeopathic remedies at lower, and much higher, potencies than the standard 30c.

With the exception of perhaps allopathic medicine, all the therapies above are holistic in their approach. The mental, emotional, physical and sometimes spiritual imbalances are taken into account and the remedy is prescribed to treat the person as a whole rather than just the physical symptoms. For all of the holistic therapies, exercise, lifestyle and emotional health are taken into account and health is regarded as a natural, positive state rather than just freedom from disease.

Allopathic medicines: are prepared from synthesised or extracted, isolated drug compounds. The approach to treatment is symptomatic, and the aim is correction of physical symptoms, using compounds to exert a specific biochemical effect on the body. The medicine is chosen to counteract the body process that causes the symptom, and in most cases the underlying reason for the symptoms is regarded as mechanical malfunction. This form of medicine has been strongly influenced by the materialistic thought of the nineteenth century and the focus is mainly on the physical body.



Herbal medicine: uses whole plant extracts containing up to several hundred synergistic compounds. As with allopathic medicine the treatments are often symptom led, but the aim is more to rebalance and support the body systems. Many herbal extracts contain high levels of vitamins and minerals, and their effect is often nutritional. Herbalists recognise the importance of using the highest quality herbs, grown organically or harvested from unpolluted areas in nature. This means that the earth ecosystem is supported and the energy of the herb is as pure as possible. Herbal medicine aims to encourage responsibility for health, wellbeing and lifestyle and to nurture bonds between the earth and the human body.



Schuessler's Biochemic tissue salts: are prepared from twelve minerals found naturally in the body ;

Calc. Fluor.	(Calcium fluoride)
Calc. Phos.	(Calcium phosphate)
Calc. Sulph.	(Calcium sulphate)
Ferr. Phos.	(Iron phosphate)
Kali. Mur.	(Potassium chloride)
Kali. Phos.	(Potassium phosphate)
Kali. Sulph.	(Potassium sulphate)
Mag. Phos.	(Magnesium phosphate)
Nat. Mur.	(Sodium chloride)
Nat. Phos.	(Sodium phosphate)
Na.t Sulph.	(Sodium sulphate)
Silica	(Silicon dioxide)



<https://youtu.be/su1TvObMDp8>

The aim of treatment is to encourage the natural healing process, by providing a sufficient quantity of these salts to allow the body to function normally and rebalance a disease state. The focus of treatment is on the physical, and more specifically the biochemic, processes of illness.

Dr. Schuessler recognised the invisible, natural forces necessary for health, but realised that these forces also require the essential building blocks for healthy cells. The twelve tissue salts form the principal inorganic elements found in the human body.

They are prepared homeopathically to a 6x potency by the trituration method, but they are not used according to homeopathic principles. The minerals are finely ground and then added to nine parts of lactose. This is then ground again and added to a further nine parts of lactose, and so on, repeating for a total of six dilutions. This lactose / mineral triturate is then compressed into tablets, a very different process from homeopathic medication of pills. The trituration of the tissue salts ensures their ready assimilation into the cells and means that calcium and iron compounds, for example, can be given sublingually in the form of soluble tablets.

Homeopathic remedies: use a wide range of starting materials to create energised potencies. Many homeopathic remedies are prepared from plant extracts, often those also used in herbalism.. At the lower 'x' potency and Mother Tincture concentrations the effect is really more herbal than homeopathic. In some of the older Materia Medica, such as Boericke, tinctures are recommended for many of the plant remedies, particularly when the remedy is indicated as an organ support.

At higher potencies we use homeopathic remedies to treat using the Law of Similars. The body creates symptoms in an attempt to rebalance and heal a mental, emotional or physical disturbance. If we use an energised form of a substance, which in a healthy person will create those same symptoms, we reinforce this same energy pattern and assist the body in its natural healing process.



The approach may be strictly symptomatic, as in the case of some acute prescribing, or it may be more holistic, with symptoms regarded as only the outward, visible signs of an underlying imbalance. When we prescribe to treat the person, rather than just the disease, the energy of the individual and the mental and emotional state are taken into account.

In general, the more the disease focus moves away from physical symptoms, the higher the vibrational energy of the homeopathic remedy used. At very high potencies the vibrational energy acts strongly on an emotional plane, and at

10MM the frequency of vibration is said to approach that of the flower essences.

Flower essences: are usually prepared by placing fresh flowers in a bowl of spring water, which is then left in sunlight for several hours. This method of solar potentisation transfers the flower energy to the water, which is then preserved by the addition of a natural alcohol to create the Mother Tincture.

Occasionally, flower essences are also created by boiling the flowers in spring water. Flower essences act by flooding the body with very high vibrational energy, to instil a positive physical, mental or emotional state, which will then lead to total balance throughout the body.

The early flower essences such as those of Dr Edward Bach were prescribed to rebalance a negative mental or emotional state. For example, if someone suffers from a state of fear they would take a flower essence to instil courage and then any physical symptoms arising from the fearful state would disappear.

The newer flower essence ranges also include essences that act directly on physical symptoms as well as some which can be taken mainly for spiritual healing.



<https://youtu.be/B6hDUf7zzO8>

It is often said that the spiritual component of flower essences is the main point of their differentiation from homeopathic remedies. They are also said to be self-adjusting, which means that if a particular flower essence is given when not required, it does not cause the aggravations associated with homeopathic remedies. This is because they simply bring positive qualities to the mind and body and do not require the exact similimum to have an effect.

Combination therapies

Many practitioners use the above therapies in combination, and with the exception of some allopathic drugs, herbs and low homeopathic potencies, they do not interact. In many cases a herb, for example, given as organ support will lessen aggravations and improve the response to a homeopathic remedy or flower essence.

Anthroposophical medicine

A system of treatment based on the philosophy of Rudolph Steiner which harnesses natural biological entities for their healing properties. Often considered quite 'alchemic' in its empiricism, nevertheless an important intellectual contribution to lifestyle and treatment advice. The anthroposophical approach emphasizes the healing potential of natural materials and often utilises homeopathic, nutritional and naturopathic / herbal medicines. The treatment philosophy is often of special interest when an illness 'terrain' has been established by unenlightened lifestyle habits and poor health choices. This can be especially relevant to cancer patients, where fundamental changes in lifestyle and treatment philosophy can impact on both quality of life and survival.

We have selected for special study this week the remedy *Chelidonium majus*, because - as you will learn - this remedy has significant therapeutic crossover with herbals, organ remedies ('drainage' -French school) and classical homeopathy. Listen to the short video summary using the link overleaf and have a look at the remedy in your own materia medica.

Chelidonium majus (chel.)

Mind

- Dictatorial. Dominant.
- Practical. No-nonsense.
- Anxiety for others.
- Delusion /fear that he has ruined his health.

Generalities

- agg. RIGHT SIDE.
- Chilly.
- agg. COLD, WET WEATHER.
- Change of weather.
- agg. 4 A.M. , 2 or 4 p.m.
- agg. Morning on waking.
- amel. Eating.

Food and drinks

- Desire: DAIRY PRODUCTS, cheese, warm drinks/food.
- Aversion: Cheese, spinach.
- amel. Warm drinks, food, warm milk.

Head

- HEADACHE, RIGHT SIDE.
- Pain over right eye.
- Pressing as from a band above eyes, amel. closing eyes.

Eye

- Orbital neuralgia, agg. right side.
- Yellow discoloration.

Face

- Neuralgia right side, ext. into teeth, eye; with liver problem.
- Yellowish discolouration (including Jaundice) Sallow

Mouth

- Tongue yellow, with imprint of teeth.
- Bitter taste.

Stomach

- Stomach pain amel. warm drinks, esp. milk; temporarily amel. eating.
- Nausea and vomiting

amel. warm drinks.

- Stitching pain ext. to back.
- Cramping pain amel. lying on left side with legs drawn up.

Abdomen

- LIVER AND GALL BLADDER complaints, gall-colic, acute hepatitis, jaundice.
- PAIN RIGHT HYPOCHONDRIUM EXT. TO RIGHT SCAPULA.
- Pain abdomen amel. eating, stool, warm drinks, lying on left side legs drawn up.
- Pain extending transversely.

Rectum

- Constipation alternating with diarrhea.

Urine

- Yellow (+/- bilirubin)

Expectoration

- Much rattling, little expectoration.
- Mucus flies from mouth on coughing.

Chest

- Right lung affected.
- Stitching pain agg. inspiration, motion, coughing.
- Intercostal neuralgia, agg. right side.

Back

- PAIN INFERIOR ANGLE OF RIGHT SCAPULA, right shoulder (Ferr-m., Sang.), .
- Pain as if back would break, on stooping.

Extremities

- COLDNESS ONE HAND OR FOOT.
- Coldness fingertips.
- YELLOW DISCOLORATION OF HAND PALMS ('Liver palms')
- Rheumatism agg. lower limbs, esp. right ankle.

Sleep

- Position: On LEFT SIDE.
- Unrefreshing.
- Dreams of funerals, corpses.

Skin

- JAUNDICE.



Listen to a summary of materia medica keynotes for *Chelidonium majus*



<https://youtu.be/4L7g5eYY12k>

Organ and Drainage Remedies, and 'Specifics`

Gabriela Rieberer

Definition

This prescribing technique is based on the assumption that certain remedies have a specific affinity to an organ and that there are patients where it is necessary to treat an organ or system perhaps before applying a constitutional approach.

History

In herbal medicine many substances have been used by applying the Doctrine of Signatures (the plants features such as colour, shape, habitat), relating a plant to a certain organ. The common names of many plants highlight their organ affinities such as Eyebright (Euphrasia), Knitbone (Symphytum), Chaste tree (Agnus castus), Bloodroot (Sanguinaria), Lung wort (Sticta), Worm seed (Cina).

Organ prescribing goes back to Theophrastus von Hohenheim known as Paracelsus (1493-1541) an Austrian physician. He worked under the premise that each organ in the body has its counterpart in nature. Influenced by Paracelsus, Rademacher, a German physician, developed his own therapeutic system independent of Hahnemann early in the 19th century. He distinguishes between three "universal remedies" to treat the whole person and "organ remedies" to treat individual organs. In treating the organ it is essential to establish the primary organ that is affected, for example a person is having stomach problems but underlying is a problem with the liver, so the liver requires treatment first. Rademacher proclaimed that organ remedies would only treat organ diseases and not diseases of the whole person, which might manifest themselves in one organ. Hence universal remedies cannot cure a diseased organ. Rademacher used three different universal remedies: iron, copper and cubic salpeter (natron nitircum) and described their respective states.

In Britain, James Compton-Burnett, a homoeopathic physician practising at the end of the 19th century, used organ remedies in a homoeopathic context. Burnett drew upon Rademacher and Paracelsus in his prescribing. He regarded prescribing on symptom and organ similarity as equally valid. Burnett was an excellent clinician and diagnostician. His publications make fascinating reading.

French homoeopaths have contributed in this field by introducing the concept of drainage treatment. This method implies a detoxification and toning of an organ or system before administering the constitutional remedy. Drainage treatment is very popular in French homoeopathy used by such masters as Nebel, Vannier, Julian and Maury. Maury operates on the premise that organ drainage prepares the field for the constitutional remedy with the analogy that no one would redecorate a dirty house.

Sarcodes

Organ prescribing includes the use of sarcodes and their derivatives (healthy organs and their secretions). Sarcodes can be useful in treating damaged or missing organs, again as an intercurrent in constitutional prescribing.

Organ Remedies

In his book, Ian Watson, gives a good account of remedies which have proved effective on the basis of *organotropism* (organ affinity). We have augmented his listings on the basis of our clinical experience. The remedies are usually given as mother tincture or in low potency (1-6x).

Organ/System	Remedies
Liver, Gallbladder	<i>Cheiranthus cheiri</i> , (Common Wallflower), <i>Chelidonium majus</i> , <i>Kali sulph</i> , <i>Myrica</i> , <i>Natrum sulph</i> , <i>Phosphorus</i>
Heart	<i>Adonis vernalis</i> , <i>Cactus grandiflora</i> , <i>Convallaria majus</i> , <i>Digitalis</i> , <i>Laurocerasus</i> , <i>Oleander</i> , <i>Strophanthus</i> , <i>Veratrum album</i>
Spleen	<i>Aranea diadema</i> , <i>Ceanothus</i> , <i>Urtica urens</i>
Veins	<i>Hirudo officinalis</i> <i>Lepidandra</i> (portal venous circulation, oesophageal varices), <i>Aesculus hippocastanum</i> , <i>Hamamelis mollis</i> , <i>Collinsonia</i>

Therapeutics

Definition

In therapeutic prescribing emphasis is placed on the clinical diagnosis, focusing on a group of remedies with a known affinity to a system or clinical condition. This differs from the classical homoeopathic approach where the whole person is taken into consideration. In common with other homoeopathic techniques, therapeutic prescribing involves individualisation. It differs from orthodox therapeutics, however, by providing a similimum to the disturbances prevailing in an organ or tissue, rather than artificially controlling the local environment.

Technique

The case is still taken as completely as possible considering, locality, aetiology, modalities, sensations and concomitants. With this information you can then turn to a therapeutic guide (for example, *The Prescriber* by J H Clarke) or a repertory and materia medica. A combination of general individualisation with local symptoms and pathological data can guide you to an appropriate remedy. All of the polycrest remedies have therapeutic affinities and can often be prescribed on just a small group of symptoms. 'Small' remedies, which are usually overlooked in constitutional prescribing, are often very useful when given on the basis of their tissue affinities. It is useful to create a small therapeutics book with the most common conditions that are encountered in your practice, ie headaches, influenza, menstrual problems. You might focus on 5-6 remedies and consign their keynote indications to memory. This will enable you to prescribe quickly and decisively while recognising that sometimes you may need to look beyond your primary list.

Indications

Therapeutic or clinical prescribing has been a bone of contention in the homoeopathic community. Up until now there is a great debate about what is true homoeopathy. The classical unicist prescribers look down on those practitioners that merely take the pathology into account, claiming that the true similimum has not been found. Some therapeutic prescribers use more than one remedy at a time, addressing different clinical aspects. This can cloud the picture, making a remedy response very difficult to assess.

Nonetheless, therapeutic prescribing has its place within homeopathy. It finds application in the treatment of acute conditions and particularly in general practice. General practitioners working under time constraints commonly use this approach and, with a little experience, achieve commendable results. Therapeutic prescribing can serve a bridge between orthodox medicine and constitutional homeopathic prescribing and is often the gate for medical practitioners into homeopathy. There has always been a tradition of pathological prescribing in Britain with such practitioners as Compton-Burnett, Hughes and Clarke.

Specifics

Definition

A remedy is prescribed on the premise that it usually works in similar circumstances ie Arnica in trauma.

Technique and Indications

Specifics are usually given in situations where the pathology is clearly delineated, being confined to one region, tissue, or organ. This is often true in first aid treatment and the management of (sub)acute conditions. They are an ideal way of prescribing over-the-counter, or in general practice situations, but have limitations due to their narrow therapeutic remit.

Common Specifics

Condition	Remedy
Altitude sickness	Coca
Backache late pregnancy	Dioscorea villosa
Glandular fever	Ailanthus glandosa
Gout	Urtica urens, Colchicum
Gumboil	Calcarea sulphurica
Haemorrhage	Ficus religiosa, Erigeron, Millefolium
Ingrown toenail	Magnetis polaris australia
Miscarriage, threatened	Viburnum opulus
Nervous exhaustion	Avena sativa, Kali phosphoricum
Nosebleed	Millefolium
Phlebitis	Hamamelis
Prostate enlargement	Sabal serrulata, Digitalis
Ringworm	Bacillinum
Sepsis	Pyrogen
Toothache	Plantago
Wrist ganglion	Ruta

Bibliography

Dorsci, M: Homoeopathie, Organotropie, Band 4, Haug Verlag, Heidelberg, 5th Edition, 1985

Compton-Burnett, J: The diseases of the liver, Jain Publishers, Dehli, Reprint Edition, 1994

Maury, EA: Drainage in Homoeopathy, CW Daniel Company, Saffron Walden, 1995

Rademacher: Universal and Organ Remedies, translated by AA Ramseyer, Jain Publishers, New Dehli, reprint 1991

Watson, I: A Guide to the Methodologies of Homoeopathy, Cutting Edge Publications, Spark Brigde Cumbria, 1991

Wittig, A: Die Chinesische Organuhr, Verlag Mueller und Steinicke, Muenchen, 1990

Further Reading

Clarke, John Henry: The Prescriber

Compton-Burnett, James: Complete works

Jouanny, Jacques: The essentials of homoeopathic therapeutics

Trickett, Shirley: Coming off Tranquillisers and Sleeping Pills

Tyler, Margaret: Pointers to the Common Remedies

Watson, Ian: A Guide to the Methodologies of Homoeopathy