

# Homeopathy

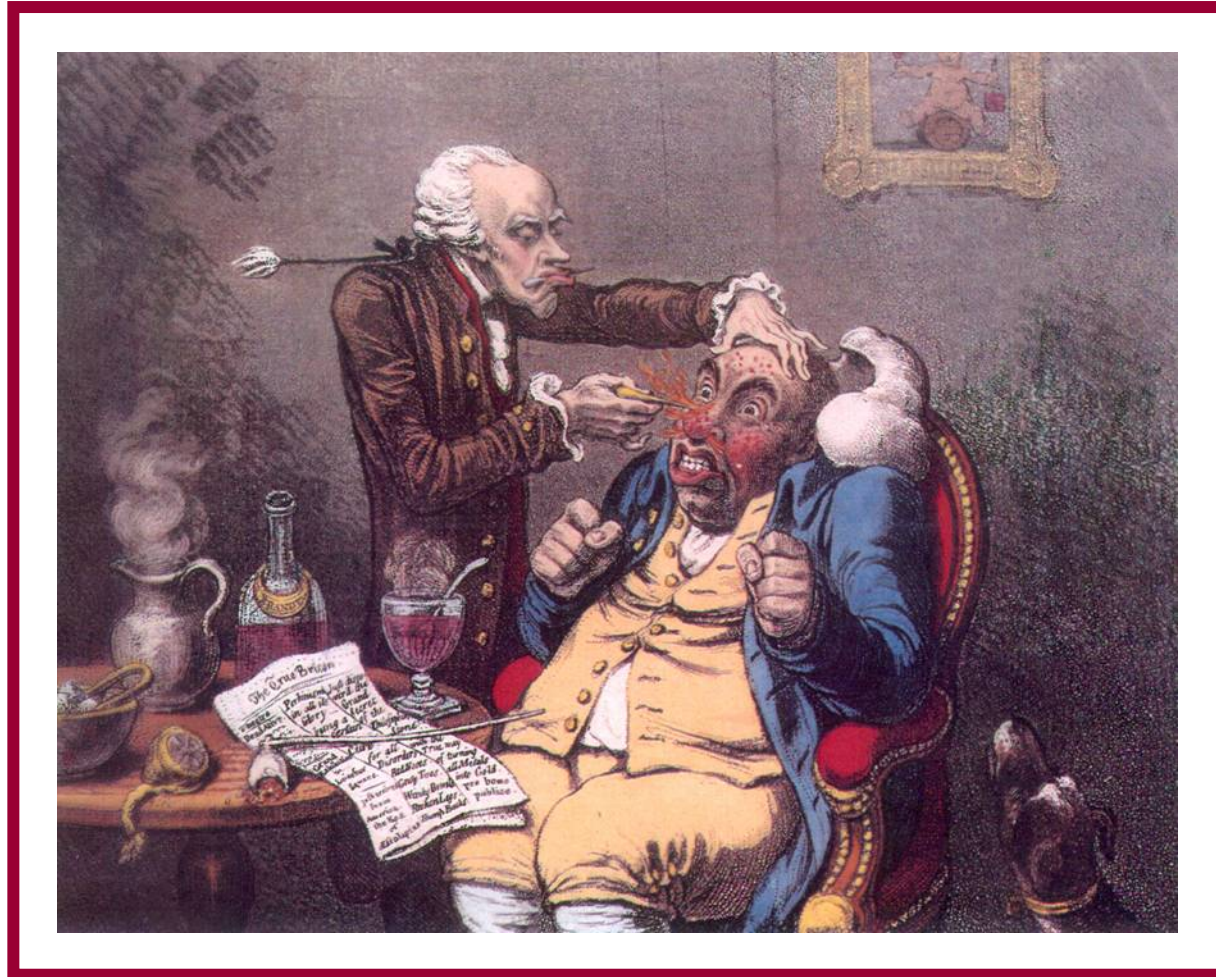
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**Homeopathy**  
**is a valuable system of medicine**  
**which has been around for 200 years**

Homeopathy can work side-by-side with  
Conventional Medicine

**Homeopathy may often  
erroneously be confused  
with the following . . .**

# Homeopathy ≠ Quackery

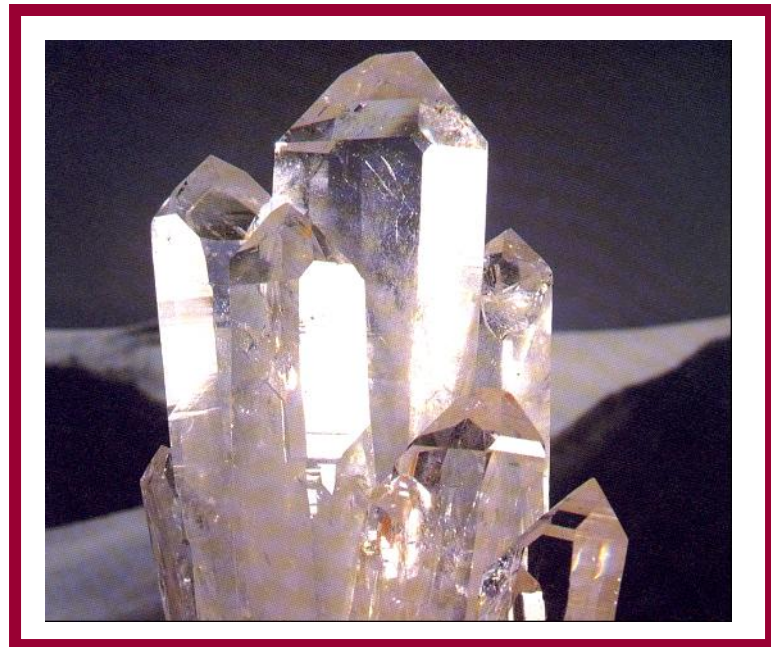


# Homeopathy $\neq$ Herbalism



# Homeopathy ≠

- Dowsing with a pendulum
- Crystal therapy
- Meditation



# Homeopathy ≠

- Vitamins
- Supplements
- Healthy nutrition
- Fancy diets



# Homeopathy is

- A comprehensive system of medicine
- Effective
- Safe
- Scientifically validated
- Cost effective
- Using natural substances, which have been prepared in a specific manner

# In what areas is Homeopathy beneficial?

- All aspects of human and animal health
- Particular situations where Conventional Medicine may let one down:
  - Recurring infections (e.g. ENT) in kids
  - Chronic disease e.g. asthma, eczema, arthritis
  - Grey area between “health” and “overt disease”
  - Behavioural problems
  - Intolerance to drugs ( e.g. chemotherapy )

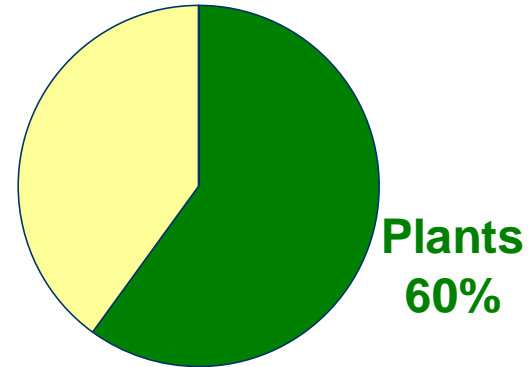
# Where is Homeopathy least helpful?

- Anatomical abnormalities
  - ( i.e. those needing surgery )
- Presence of “obstacles to cure”:
  - excessive drugs
  - abusive lifestyle
- End-stage disease

# **Preparation of Homeopathic Medicines**

# Source of Remedies

- Plant Substances
- Animal Substances
- Minerals and Chemical Elements
- Healthy and Diseased Tissues
- Bacteria and Viruses



# Preparation of Remedies

maceration of fresh herb



steep in alcohol



mother tincture



serial dilution and potentisation

# SERIAL DILUTION



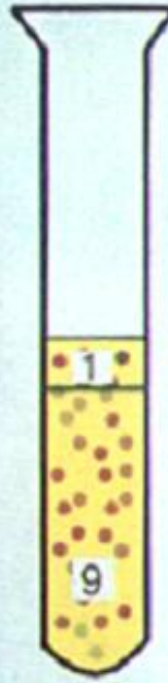
MOTHER  
TINCTURE  
(Alcohol)



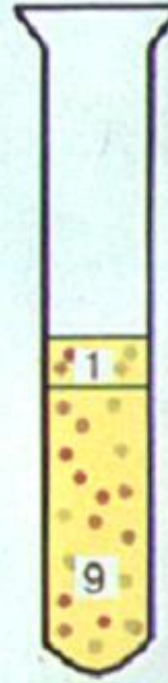
D1  
1:10  
1X



D2  
1:100  
2X



D3  
1:1000  
3X



D4  
1:10000  
4X



D5  
1:100000  
5X



D6  
1:1000000  
6X

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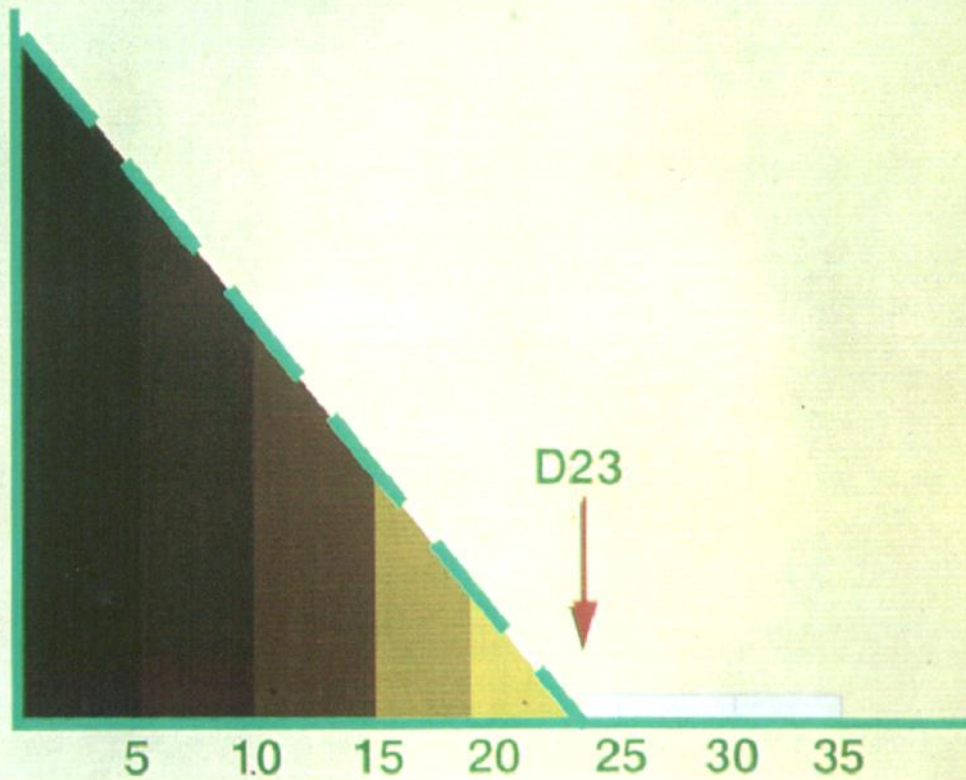
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# SERIAL DILUTION (FIGURATIVE)

AMOUNT  
OF  
ACTIVE  
INGREDIENT



DECIMAL DILUTION

# The Law of Similars

To cure gently, rapidly and permanently, choose a medicine which can itself produce a **similar suffering** [*homoios pathos*] to the one it is supposed to cure

# 2nd Law of Homeopathy



The curative power of a homeopathic potency increases in direct ratio to its degree of dilution with succussion - when prescribed according to the Law of Similars

# **The Physics of Homeopathy**



**How can a remedy devoid  
of molecules elicit an  
immune response?**

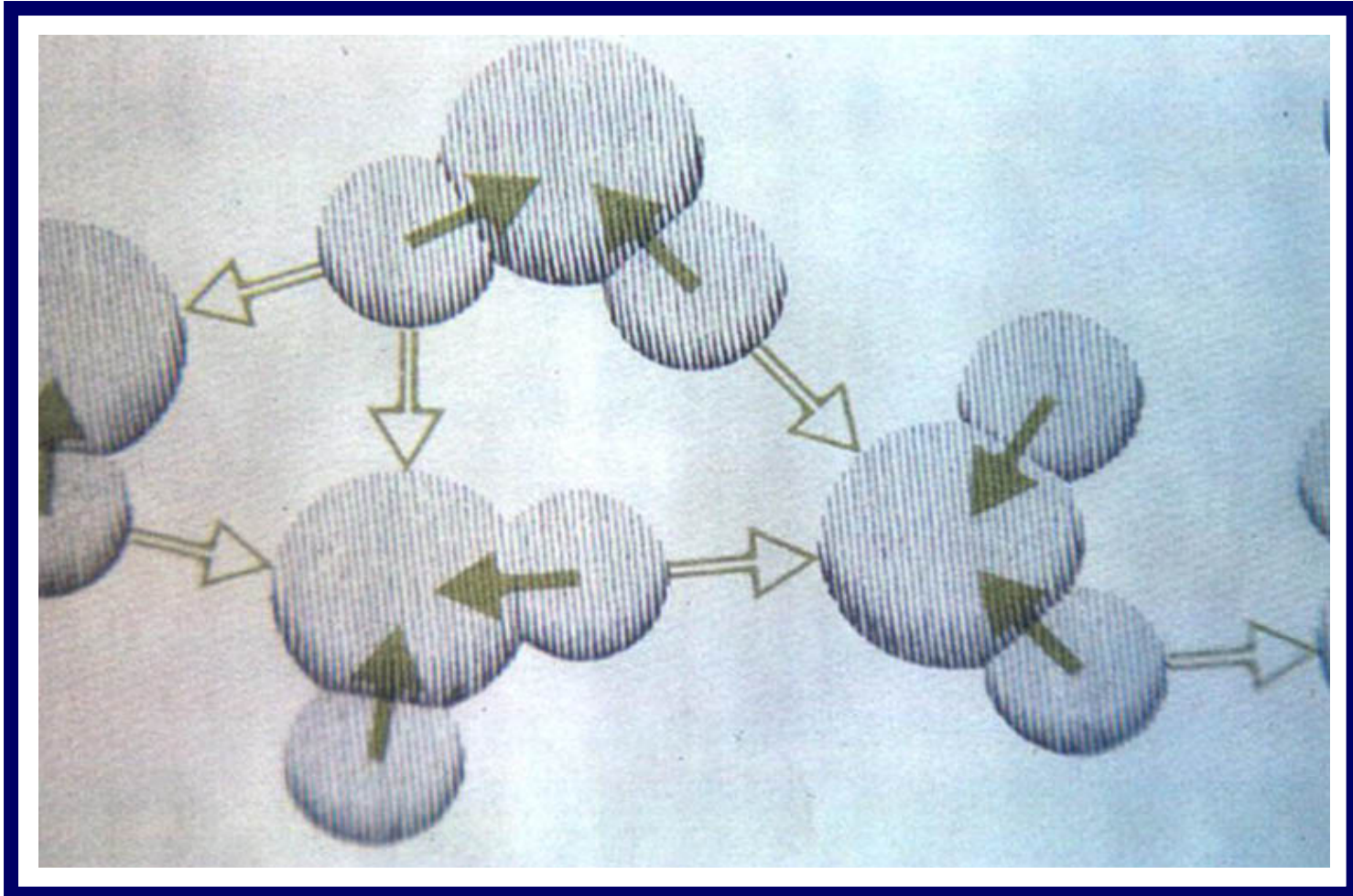
# Potentiation

- SUCCUSSION   POTENCY
- Inert substances become active
- Toxic substances become non-toxic
- Homeopathic remedy is in a vibrational or quantum form - no longer governed by Newtonian physics

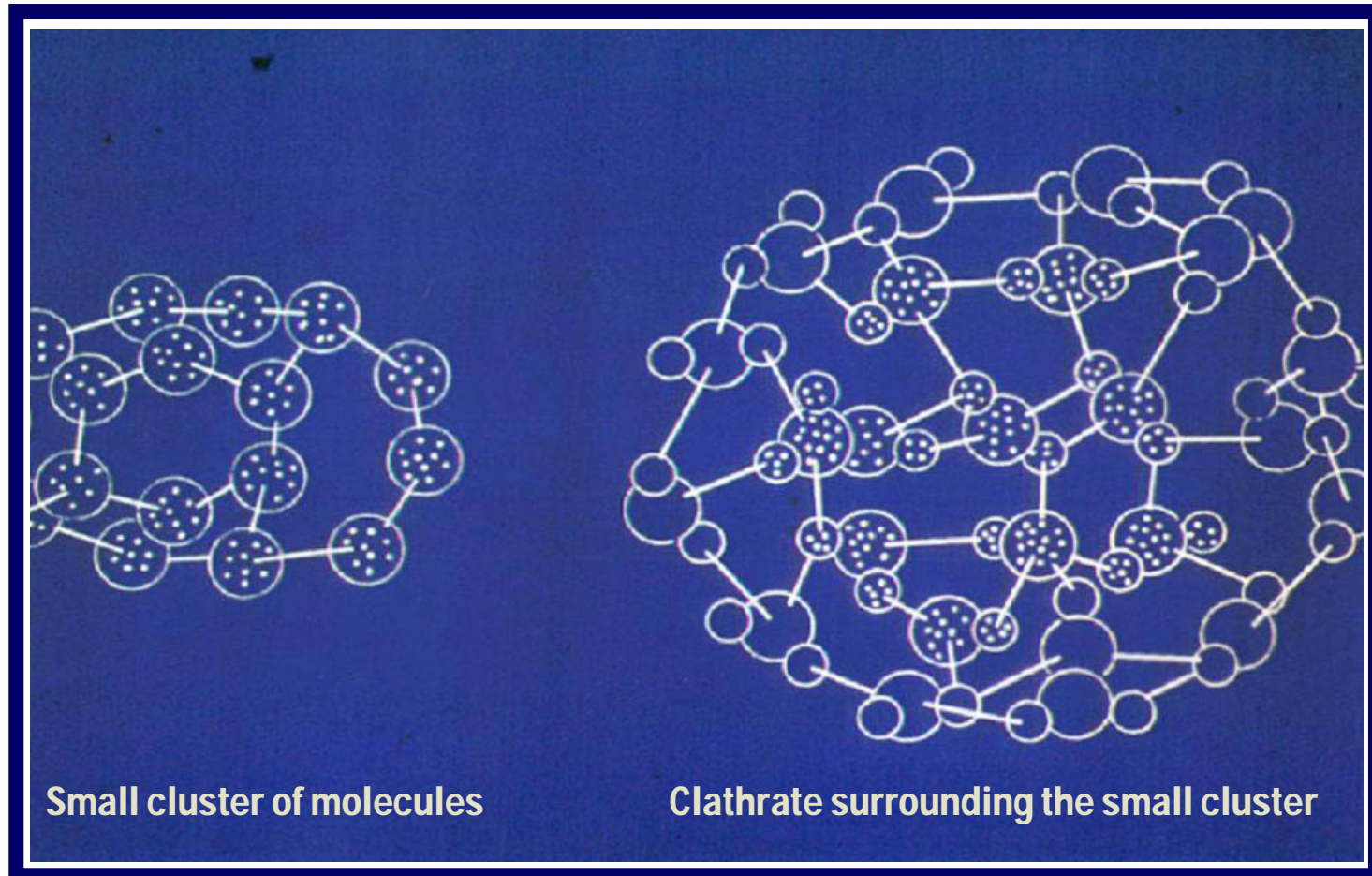
# A Working Hypothesis for Solvent Structure

- The physics of succussion involve high heat and pressure
- These cause the molecular bonding of the H<sub>2</sub>O in clusters around the molecule of solute

# Water molecules



# Cluster formation



**Agnostatos et al ; Berlin J. Res. Hom. (June 1991) 1; 3 : 141-147**

# A Working Hypothesis for Solvent Structure

- These clusters hold the frequency of the solute
- Clusters multiply with successive dilution & succussion thus increasing the potency, while the molecules of solute are diluted away

**Agnostatos et al ; Berlin J. Res. Hom. (June 1991) 1; 3:141-147**

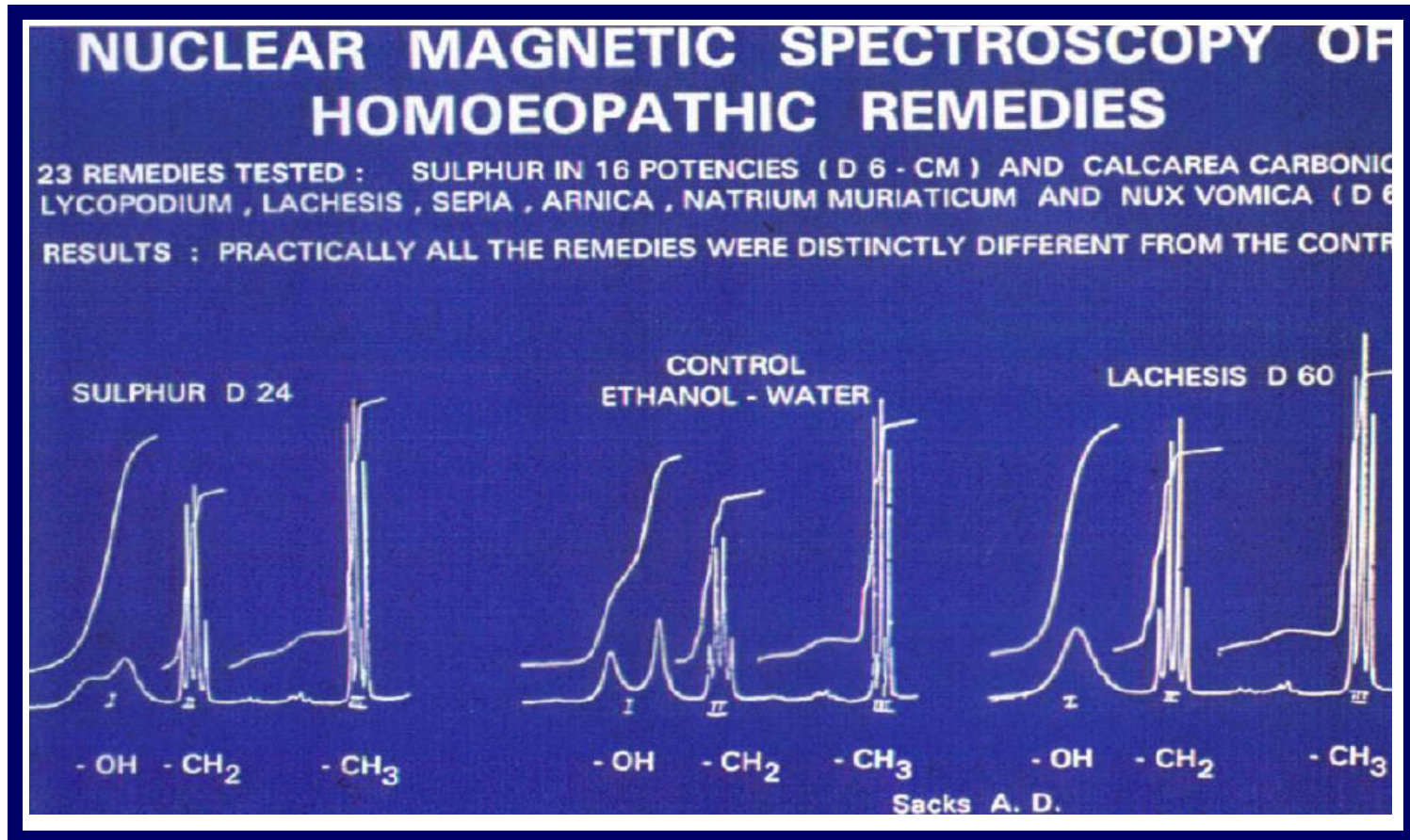
# Properties of the Micro-diluted Solution

- A new and specific physico-chemical state is formed i.e.  $1 + 1 = 3$
- This can be destroyed by :
  - Heat: 20 minutes at  $120^{\circ}$
  - X-rays or ultrasound

# Does a micro-diluted solution differ from a control solution?

- Di-electric Strength testing
- Capacitance studies
- Raman Laser studies
- Kirlian Photography
- Nuclear Magnetic Resonance studies

# Homeopathic remedies shown to be distinct from control



Sacks A D J Holistic Med (1993) 5 ;2: 172-177

# How is Homeopathic Treatment Administered?

- The ultra-diluted and potentised solution, which carries the frequency information, is fixed in alcohol.
- This final product is used to prepare pillules, liquids, injectables, creams & suppositories.

# The Simillimum

- A detailed history of the patient's physical, mental & emotional aspects is taken by the homeopath
- This comprehensive picture of the patient is compared with the known drug pictures of homeopathic remedies
- The goal is a close match = **Simillimum**

# Simplex Medicines

- Single, pure homeopathic remedies
- Prescribed according to the Law of Similars
- Prepared in a range of potencies

# Complex Medicines

- Combinations prescribed according to clinical indication, especially in acute situations
- Easy to use with little homeopathic training
- Easier to subject to randomised controlled trials because do not have to individualise treatment

# Complex Homeopathic Remedies in the Pharmacy



# **Scientific Evaluation**

# The Placebo Effect

- Accounts for 30 % of any therapeutic effect
- The consultation itself is therapeutic

But . . . .

- Infectious and lesional disorders cured
- Cures in babies
- Cures in animals
- Biological constants normalised

# Criteria Based Meta-analysis

- 107 controlled homeopathic trials
- Scoring based on predefined criteria of good methodology
  - **Kleijen J et al. BMJ 1991; 302; 316-323**

# Kleijen's Meta-analysis Results

- 77 % positive in favour of homeopathy
- The higher the scientific merit of the study , the more likely to show homeopathy as superior to placebo
- “The evidence presented is probably sufficient for establishing homeopathy as a regular treatment for certain conditions”

# Randomised Controlled Trial

- Homeopathic treatment of acute diarrhoea in children
- Treatment group had a statistically significant decrease in duration of diarrhoea and number of stools per day
- **JACOBS J et al. Pediatrics 1994 ; 93 ; 719-725**

# Outcome Based Studies

- Studies done at Royal London & Glasgow Homeopathic hospitals:
  - Children & adults with asthma : 1994/5
  - 100 sequential in-patients : 1997
- 85 % improvement in presenting complaint and overall well-being
- 6 % deterioration in presenting complaint

# Advantages of Homeopathy

- Safety
- Efficacy
- Preventative & curative
- Acute or chronic treatment
- Often cures when Conventional Medicine fails
- Cost effective in reducing years of chronic medication

# Disadvantages

- Specialised skills required to prescribe Simplex medicines accurately
- Treatment failures occur because incorrect remedies selected
- More time needed with patient which increases initial cost

# Relevance to Medical Practice

- Marked increase in public interest
- Growing interest among doctors
- Complex medicines easy to prescribe
- Cost effective and safe
- Scientifically validated
- A further therapeutic dimension to General Practice

THANK YOU

