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 ≠ 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

Plants 60%
Preparation of Remedies

- maceration of fresh herb
  - steep in alcohol
    - mother tincture
      - serial dilution and potentisation
SERIAL DILUTION
(FIGURATIVE)

AMOUNT OF ACTIVE INGREDIENT

DECIMAL DILUTION

D23
The Law of Similars

To cure gently, rapidly and permanently, choose a medicine which can itself produce a similar suffering \([\text{homoios pathos}]\) 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?
Potentisation

- 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 H₂O in clusters around the molecule of solute
Water molecules
Cluster formation

Small cluster of molecules

Clathrate surrounding the small cluster

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.
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.
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’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