

Homeopathy

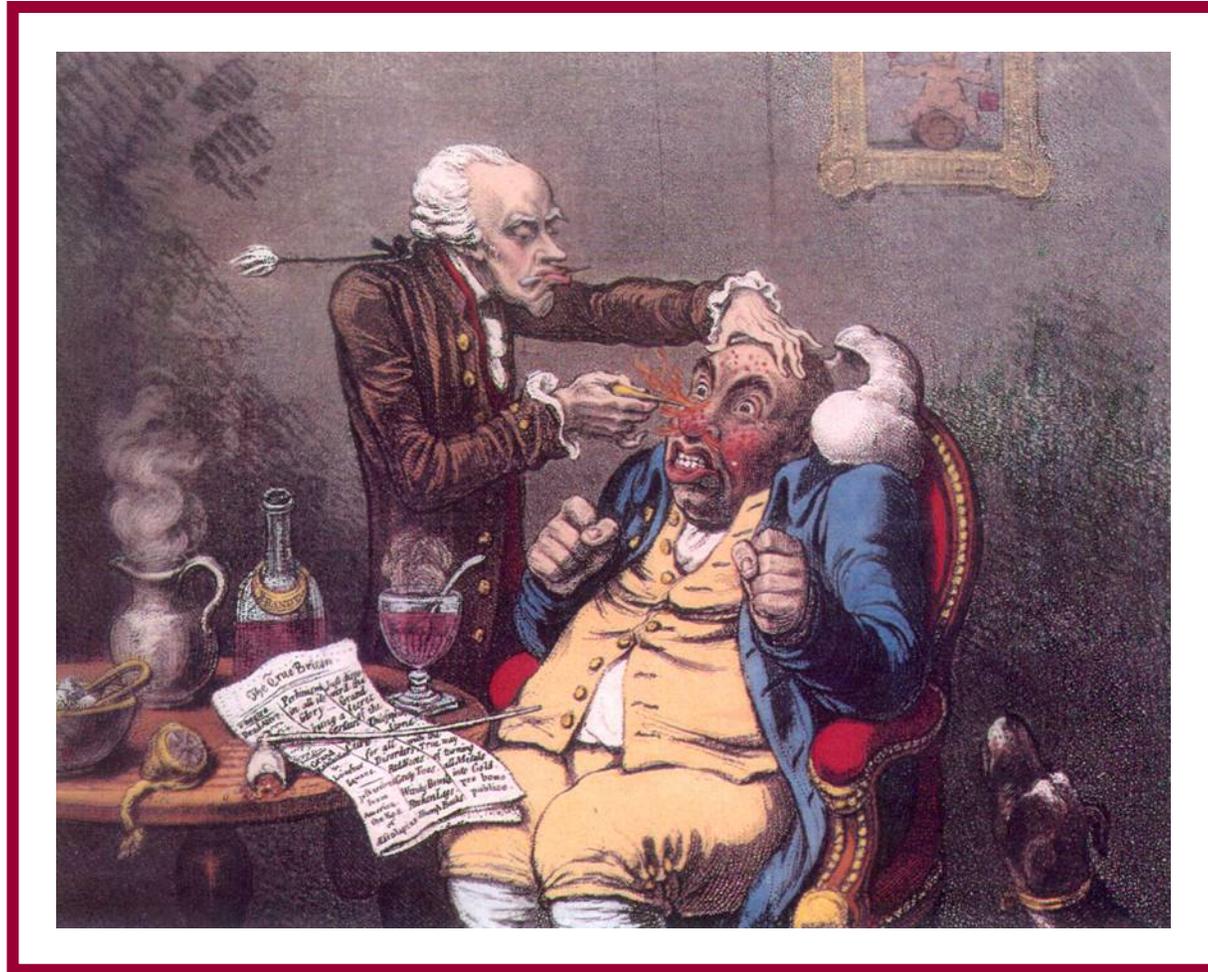
Dr David M Nye
MBChB [UCT] MFHom [UK] Dip Hom [CEDH]

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)

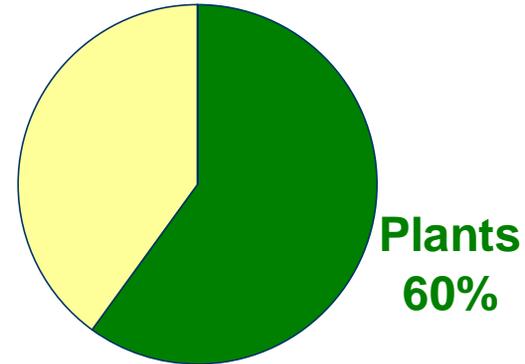
Where is Homeopathy least helpful?

- 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

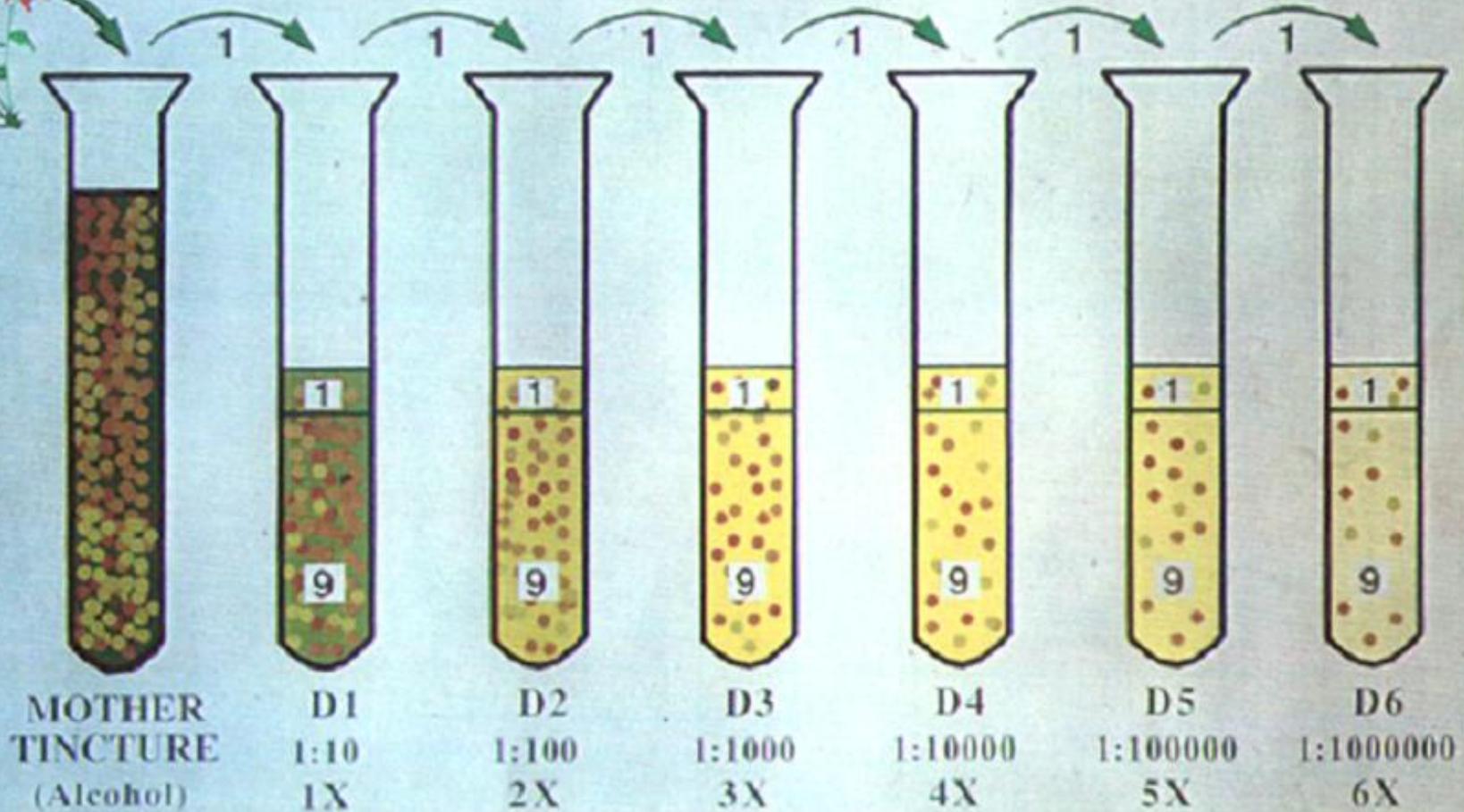


mother tincture



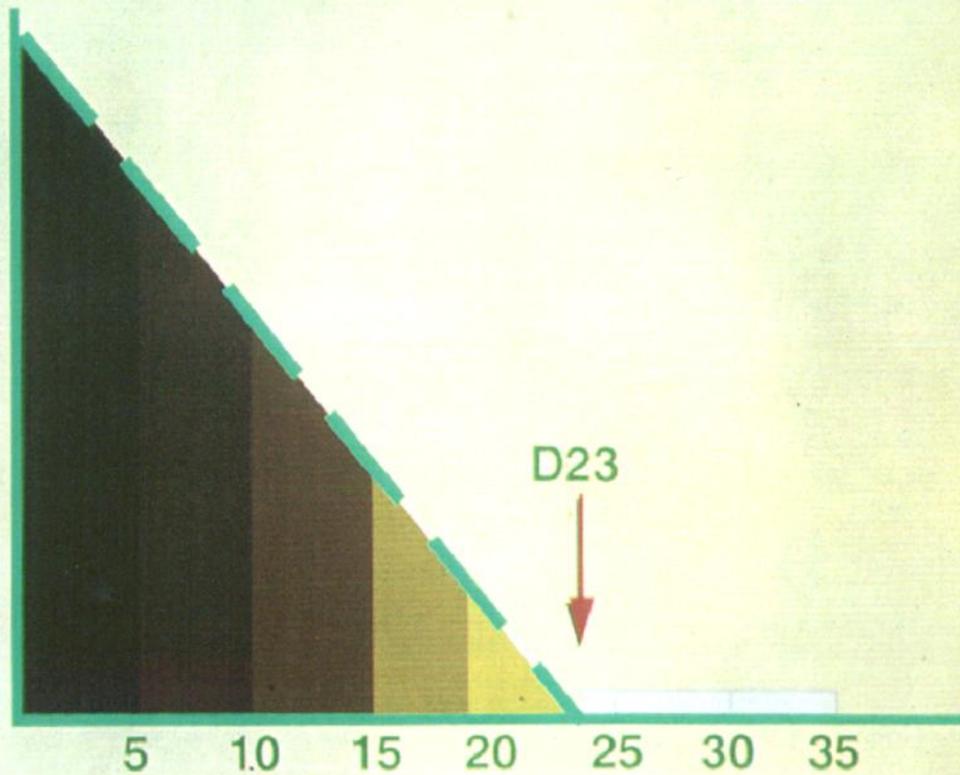
serial dilution and potentisation

SERIAL DILUTION



SERIAL DILUTION (FIGURATIVE)

AMOUNT
OF
ACTIVE
INGREDIENT



DECIMAL DILUTION

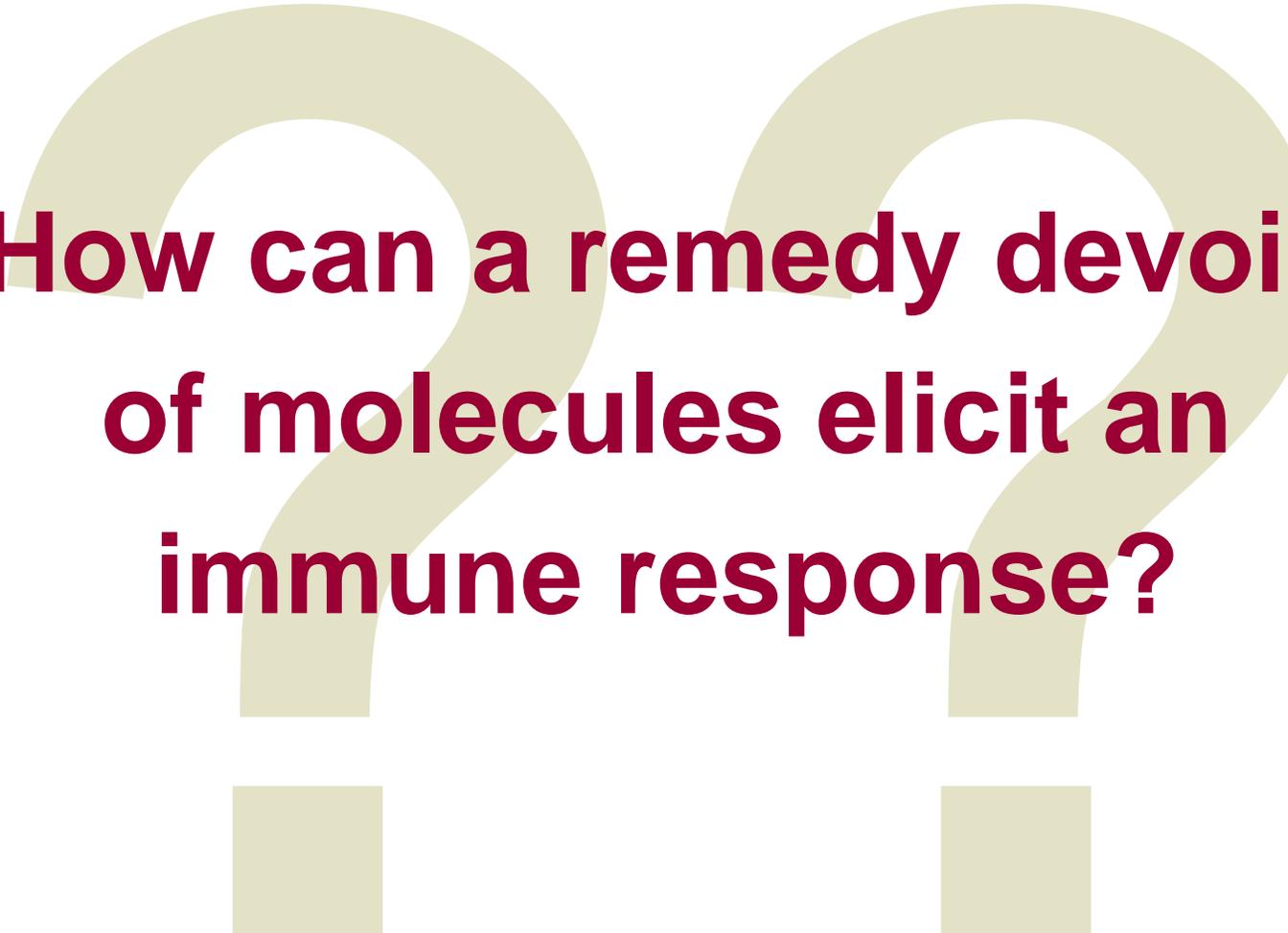
The Law of Similars

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?**

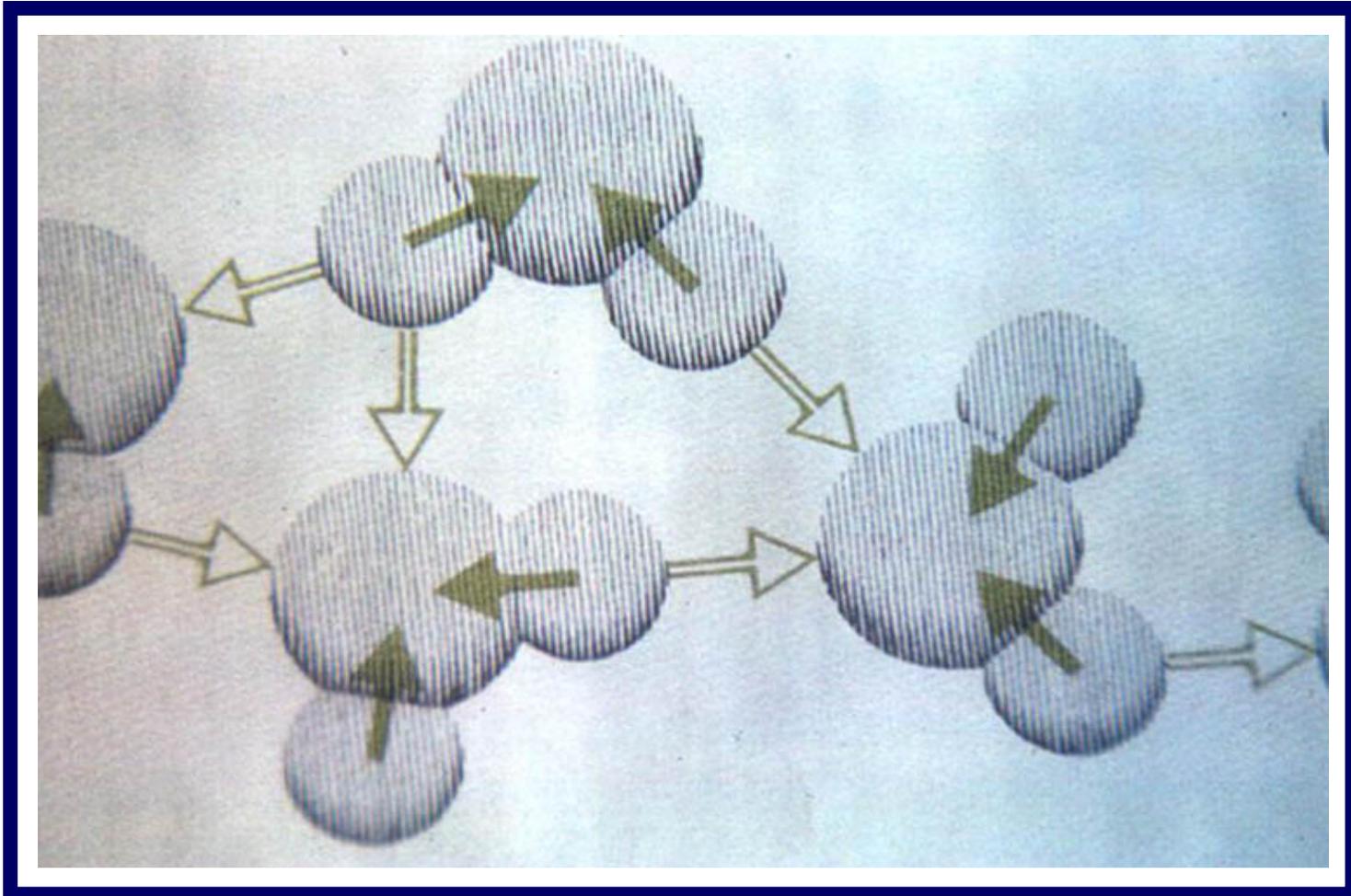
Potentiation

- 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

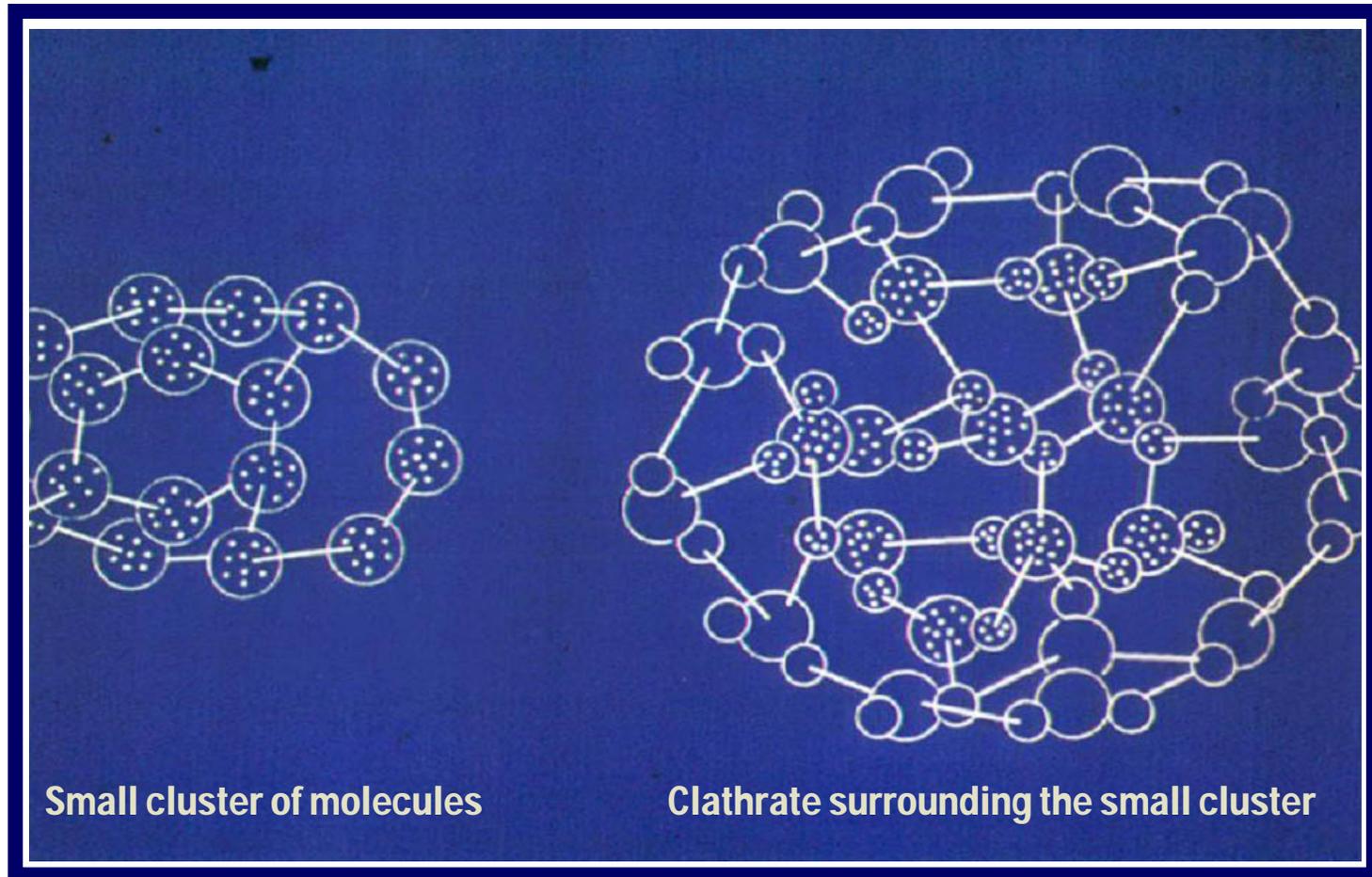
A Working Hypothesis for Solvent Structure

- The physics of succussion involve high heat and pressure
- These cause the molecular bonding of the H₂O 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

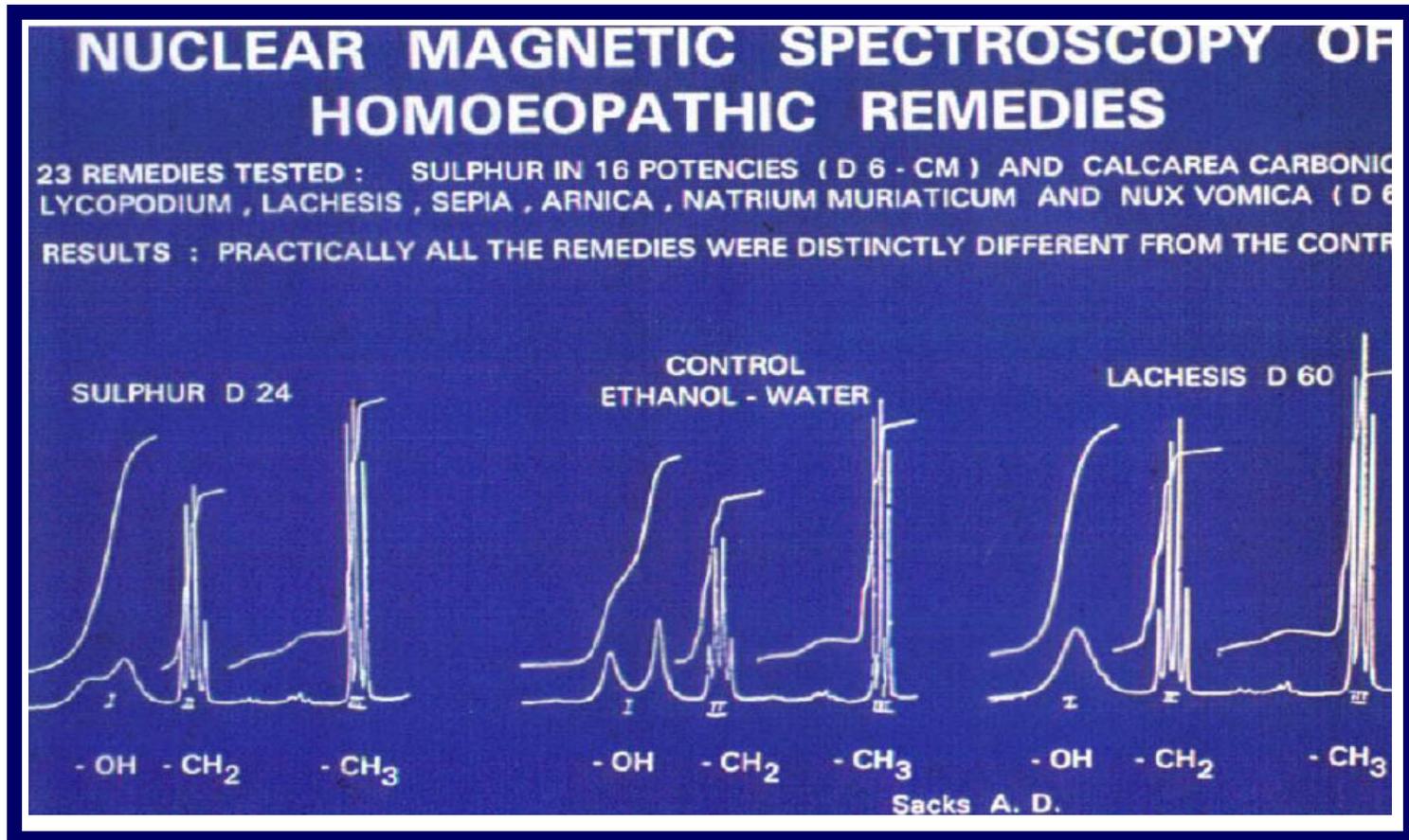
Properties of the Micro-diluted Solution

- A new and specific physico-chemical state is formed i.e. $1 + 1 = 3$
- This can be destroyed by :
 - Heat: 20 minutes at 120°
 - 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

