

TOPICS IN MODERN HOMEOPATHY

HOMEOPATHIC MEDICINE FOR THE 21st CENTURY

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THE LAWS OF HOMEOPATHY

A Brief Review of the Basics

Homeopathy, like any medical science, is defined by a set of principles or laws. Regardless of the level of experience one has, it is always a good idea to go back and review the basics once in a while. We hope you enjoy this summary.

The Law of Similars

Observation and experimentation have always been the keys to science. One of the earliest scientists, Dr. Samuel Hahnemann (1755-1843), discovered the foundational law of homeopathy, the Law of Similia, or "Similia Similibus Curentur" – let like cure like – after experimenting on himself and others with *China officinalis* (Puruvian or Cinchona bark).

At the time, *China officinalis* was used to successfully treat malaria. He discovered that doses of the raw herb administered to a healthy person would create the same set of symptoms that it cured. In a brilliant bit of insight, he correctly discerned that *a substance which can create a set of symptoms in a healthy individual may be used in homeopathic form to cure those same symptoms in a sick individual.* Hahnemann identified this principle in his *Organon*, §26 when he wrote, "*A weaker dynamic affection is permanently extinguished in the living organism by a stronger one, if the latter (whilst differing in kind) is very similar to the former in its manifestations.*"

Today, we often use the example of an onion. When someone chops an onion, they often experience watery eyes, nasal discharge and scratchiness of the nose and throat. So when an individual is suffering from these same symptoms (i.e. allergy), homeopathic *Allium cepa* (common red onion) is often the appropriate treatment. Another example coffee; a normal, healthy person who drinks coffee may experience elevated blood pressure, hyperactivity and insomnia. A client then who sees their healthcare practitioner with these same symptoms often receives *coffea cruda* (homeopathic coffee) as the 'cure,' treating the symptoms with a homeopathic remedy made from the very item that causes their symptoms.



HOMEOPATHY – From the Greek word 'Homoios,' meaning like or similar, and the Greek word 'Pathos,' meaning disease or suffering, thus homeopathy is literally 'Similar Suffering.'

HIPPOCRATES – "By similar things a disease is produced and through the application of the like it is cured"

FINCKE – "The quality of the action of homeopathic remedy is determined by its quantity in inver ratio."

MAUPERTIUS – "The quantity of action necessary to affect any changes in nature is the least possible. The decisive amount is always a minimum, an infinitesimal."

MAHATMA GANDHI – Homeopathy cures a greater percentage of cases than any other method of treatment. Homeopathy is the latest and refined method of treating patients economically and non-violently."

DIZZI GILLESPIE – "There have been two great revelations in my life: The first was bepop, the second was homeopathy."

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December – **Stress Med**
January – **Defense Med**
February – **Circulo Med**

Law of Minimum Dose

Health is a dynamic orchestration of processes, and balancing it requires a delicate touch. To paraphrase Samuel Hahnemann from his *Organon* (§275), the proper dose in homeopathy is *the smallest dose or quantity which will produce the necessary change without damage or aggravation.* Less is more, a principle that has caused more confusion than any other principle in homeopathy. How can something that has been diluted sometimes hundreds of times (beyond Avodagros's number, above 12c or 24x) still exert a pharmaceutical effect?

There are many theories, but the most popular one currently states that, during processing, water molecules form a shell, called a clathrate, around the active molecules of the original ingredients. When the solution is serially agitated and diluted, the molecules of the active ingredient are removed but the clathrate structure or 'imprint' remains, along with successively increasing energy from the succession process. This is sometimes referred to as the 'memory of water,' and is today the subject of research. In addition to being economical, using the smallest, most efficient possible dose also avoids side effects, toxicity, drug dependency and the daunting list of possible complications and contraindications that you will find with any drug listed in the PDR. The disturbed dynamism of an ill individual only needs the nudge of the minimum dose to put the healing process back in gear.

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The statements in this newsletter have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

The Doctrine of Signatures

The Doctrine of Signatures (sometimes called the Doctrine of Correspondences) is an old notion shared by many cultures. It is an attractive idea that suggests that certain characteristics, or 'signatures,' of plants and herbs (such as shape, color, location, odor, longevity, even spiritual/alchemy properties) give an indication for their use in health and healing. For example, Ginseng root has long been used as an overall tonic, and upon examination, the ginseng root resembles the body, arms and legs of a human being; Swiss physician Paracelsus von Hohenheim (1493-1541) used Hellebrous niger (Christmas rose) for elderly patients because it blossomed in the winter, thus implying its usefulness for rejuvenation; herbalist William Coles (1626-1662) used walnuts for head ailments because they were shaped like a head; goldenrod was thought to cure jaundice because of its yellow color; burdock, with its deep red vasculature was used for circulatory problems; foxglove's heart-shaped fruit indicated use in cardiac conditions; and the indications and correlations go on and on, and actually forms a substantial body of knowledge all its own.

As it applies to homeopathy, Hahnemann was aware of the doctrine of signatures. He was, however, notably dissatisfied with the non-scientific approach of the materia medica of his time. He referred to much of it as guesswork, stating very clearly that the only possible way to ascertain the medicinal properties of a drug was, "... to observe those changes of health medicines are capable of producing in the healthy organism ... and not by any ingenious a priori speculations, nor by the smell, taste or appearance of the drugs." (§110) Thus he set about to create a materia medica based on the observed facts, drug provings and scientific homeopathic methodology. It is unfortunate that a science that was so grounded in factual validation has become so ridiculed, speculative and subjective in our 21st century.

Today, homeopaths remain divided over the importance of the doctrine of signatures. Nature is not arbitrary, and these striking coincidences may exist for a reason. Whether a creator actually placed these healing clues in the herbs for mankind to find, or they are simply useful mnemonic aids for the novice, the doctrine of signatures should not be dismissed without consideration.

TOPICS

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**All forms of
medicine have their
basic tenants,
fundamental
guiding laws that
define it.
Homeopathy is no
different. This
month we review
some of the basic
principles that
homeopathy is
built on.**

PLEASE DELIVER TO:

"All great improvements in science are made by men who throw off the trammels of previous teachings and begin by a complete and radical overhauling of the entire subject."

- Robert Thomas Cooper (1844-1903), Reformist, Homeopath

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Concept of the Vital Force

The Arndt-Schulz Law

This concept of the minimum dose is corroborated by the Arndt-Schulz law. Summarily stated, the Arndt-Schulz law (proposed by Rudolph Arndt 1835-1900) establishes that 'small doses stimulate, medium doses paralyze, and large doses kill.' The Arndt-Schulz biphasic response in pharmacological research demonstrates that small doses only stimulate, while moderate and large doses exhibit a 2-phase response in a living system. Moderate doses heal initially, then depress, and large doses strongly stimulate at first, and then depress even more dramatically to the point

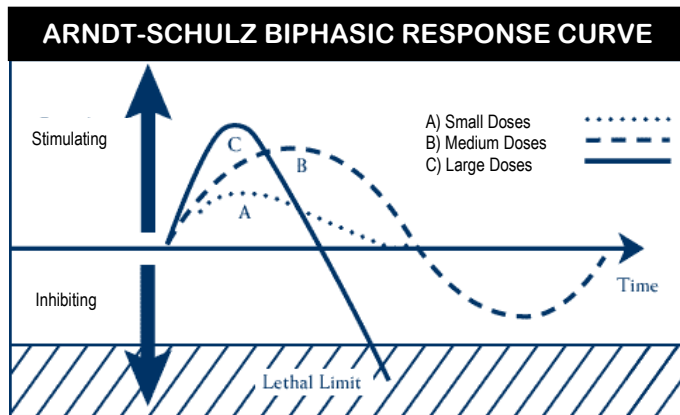


Chart Courtesy of Natrabio

of inhibition and damage. This biphasic response is a well known biological and pharmacological principle, the two phases of a drug's action depend on the dose administered. For example, atropine will dry up mucous membranes at moderate doses, while smaller doses are used to increase mucous membrane secretions. Ritalin (methylphenidate) is a stimulant, but when used in smaller doses with ADD/ADHD patients reduces impulsive behavior and enhances their ability to focus. The Arndt-Schulz Law helps to bring credibility and scientific support to the idea that homeopathy can actually have a healing effect using such small doses of active ingredients.

Doctrine of Dynamization

Medicinal properties lie latent within the raw ingredients of homeopathic medicines. It is not the dilution process that matters in homeopathy so much as the process of dynamization, which releases these dormant properties for healing. Hahnemann's Organon (§269) tells us, "... [by] the succession of its solution (dynamization, potentization) the medicinal forces lying hidden in it are developed and uncovered more and more..."

Dynamization is the mechanical process of serially diluting and succussing (vigorously agitating) a solution to create a potent homeopathic remedy. Medically active substances are transformed into deeper acting medicines, inert substances are medicinally activated and toxic substances are made into safe, healing remedies without unwanted side effects or aggravations. This turns out to be the key process to effective homeopathic manufacturing.

The Vital Force, as Hahnemann speaks of it (Organon §10), was a concept borrowed from GE Stahl's 1707 Principes Regulator. The Vis Vitalis is that subtle, animating force which gives life, function and sensation to living organisms and maintains a healthy balance of body, mind and soul. In his Organon (§12), Hahnemann states that, "*It is only the pathologically untuned vital force that causes disease ... the restoration of the integrity of the vital force [causes] the recovered health of the whole organism.*" When the vital force is damaged or compromised in some way, it manifests as a physical set of signs and symptoms which Western medicine labels as disease. It is this same vital force that leads to cure, and which homeopathic remedies stimulate into action.

This is also linked to the concept of suppression. When the vital force is in a weakened state and it manifests outward physical symptoms, Western medicine often seeks to suppress it, which drives the expression to manifest to a deeper organ or tissue, usually progressively spiraling downward toward more serious physical crises.

Theory of Chronic Disease (Miasms)

The term miasm comes from the Greek 'Miasma,' meaning stain. Sometimes patients fail to respond to the correctly chosen remedy. When a condition fails to respond, or a 'cured' disease reappears with regularity, it was Hahnemann's reasoning that this was due to an underlying obstruction to cure that he called the chronic miasms (miasmas): Psora, Syphilis or Sycosis. Psora, which was initially linked to skin diseases, is now believed to be the root cause of most disease. The syphilis miasm was the result of suppressed syphilis, and the sycosis miasm the result of suppressed gonorrhea, and these two are believed to be responsible for the remainder of the illnesses not credited to psoric influences. It is even theorized that cancer is the result of all three miasms existing in a single individual. Miasms, usually inherited but also occurring after the suppression of other disease states, may be dealt with using anti-psoric, anti-syphilitic and anti-sycotic remedies such as Mediral has to offer.

Doctrine of Drug Proving

All drugs undergo some kind of testing. One of the unique properties of homeopathic experimentation (called 'provings') is that they are carried out on healthy human subjects. Western medicine does drug testing on animals first, then on sick test subjects. Hahnemann's understanding of the 'Law of Similars' led him to restrict his testing to healthy volunteers for a number of reasons. First, animals are not able to share their mental or emotional experiences as readily, which is an important part of homeopathic diagnosis; second, drugs do not always work the same on animals as they do on humans; third, differentiating the combined symptoms of a disease from the reaction of the drug is impossible in a sick individual; and finally the action of a drug may be different on a sick individual than on a healthy subject. These ongoing provings are then collected into extensive Materia Medicas and Repertories for ease of use by the homeopathic community in both classical and combination practices.

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Hering's Law of Cure

Dr. Constantine Hering (1800-1880) was the first to write on the patterns of cure he observed in his practice. Sometimes called the 'Law of Direction of Cure,' this principle identifies the normal manner and direction that cure should take under homeopathic care. According to Hering, the body will seek to externalize disease as symptoms, and the symptoms themselves are a part of the curative process. Specifically, cure will progress from the most important organs to the least, from the top of the body down, from the inside to the outside and in the reverse order of their appearance (most recent symptoms first). This becomes important when trying to distinguish between the disease process and the healing process. Often this healing process will uncover old toxic settlements and weaknesses in the body, thus creating a temporary healing crisis as the body deals with them in the most efficient manner. If the practitioner has taken the time to do a complete history, he can predict the order in which these may occur and be reassured that the healing is proceeding as it should.

The Law of Single Remedy (Simplex)

It is a law of classical homeopathy that only a single remedy can most closely match the symptom complex and should be used alone (the *similimum*). Polypharm homeopathy does not subscribe to this tenet for the simple reason that combination remedies work. If we look at the remedies that have been used since the inception of homeopathy, it is evident that almost all of them are composed of multiple components: Apis, Belladonna, Carcinosis, Digitalis – the biochemical complexity of these compounds is staggering, and arguably constitute combination remedies in a very literal sense.

It is reasonable to assume that medicine, like any science, must evolve and grow. The homeopathy of 200 years ago established a valuable foundation upon which to build, and today we recognize that both classical and combination homeopathy have a place in medicine.

This has led to a new discipline in complex remedies, wherein the combining of two or more remedies may create one of three results; 1) it may amplify either one or both of the remedies effects; 2) it may suppress either one or both of the remedies effects; and 3) it may create one or more new effects unrelated to either of the original remedies, and the more remedies involved, the more possibilities exist. Extensive research must be done before combining singular remedies into a complex formula, this is a very time consuming process for Mediral formulators.

There are other principles involved in homeopathic medicine, such as constitutional treatment, whole-person prescribing and individualization. We hope this has been a good refresher of some of more basic principles. Thank you.



Holiday Reminders



The holidays are always a busy time. Please remember that UPS and the US Postal Service handle high volumes of letters, parcels and packages this time of year as well. This may mean longer delivery times, so please plan ahead when possible.

Mediral will be closed 12/24 and 12/25 for Christmas, and 01/01/2008 for New Year's, so our employees may enjoy the holidays with their families.

The season of feasting brings with it the season of indigestion and food intoxication. **Mediral's ENZ-Essence** is a must-have for these times. **ENZ-Essence** combines low potency digestive enzymes with sarcodes and singular ingredients to produce one of the most dynamic digestive formulas on the market today! One teaspoon 30 minutes before eating, and one teaspoon 30 minutes after the meal helps the body to digest and assimilate with ease. Just think of it as a homeopathic aperitif! If its too late and you've already over-eaten, **Nux vomica** is probably the best known classical remedy for overindulgence (it works on hangovers too), so keep a bottle in your medicine cabinet, and maybe a spare to send home with relatives. Speaking of relatives, as much as you love them, family get-togethers can be stressful. Be sure you have a bottle of **Mediral's Stress Med** stashed where you can reach it – maybe several around the house for easy access.

ALERT: November 26 – December 02 is National Influenza Vaccination Week (sorry, its hard to get on board with this one). Remember that homeopathy offers many other options, and most states offer exemptions for opting out of the vaccination bandwagon. For more insight into flu shot efficacy and related injuries, please see the article written by Dr Sherri Tenpenny at <http://www.whale.to/a/ten1.html>. Influenzinum 2007 is now available at potencies of 15x and higher. Additionally, the CDC has released its 2007-2008 recommended immunization schedule for adults, there are 11 different types of vaccines – for adults! You can find more information from Dr. Joseph Mercola's website <http://articles.mercola.com/sites/articles/archive/2007/11/10/adults-beware-new-vaccine-guidelines-released.aspx>. We all need to be informed, so do your own research and draw your own conclusions.

They tell us that the flu season is upon us (as though the little flu bugs were just waiting on the window sill watching the calendar for the right date to strike). Here are a few tips to help us through: Keep hydrated, water contributes to mucus production, a major defense against bacteria and viruses; Maintain a healthy diet, sugar and alcohol impair the immune system; Adequate rest helps the body function properly; Don't forget, homeopathy is effective as a preventative, **Mediral's Flu Med** or **Dr Recommends' Cold & Flu** can keep the body's defenses in top shape.

Thank you for making 2008 a great year, we look forward to working with you in the coming year.

