

Homeopathy

Homeopathy is a well-described, scientifically based system of medicine. The German physician Dr. Samuel Hahnemann laid the groundwork of homeopathy almost two centuries ago. The mode of action of homeopathic medicine is assured by extensive experiments called "provings" to determine the symptoms produced by a substance. Its name comes from the Greek words "homoios" (similar) and "pathos" (suffering) and has three main principles:

1. The Law of Similars:

This principle states that a given substance can cure in a diseased person the symptoms that it produces in a healthy person. For homeopathic remedies an infinitesimal quantity of a substance is taken which in a larger dose would cause a reaction similar to the one we are treating. That means given in minute doses the medication will produce a curable effect in a sick person while at the same time the same medication in a larger dose would ail a person. For example Ipecac, in large doses will cause vomiting but in small doses will be used to fight and prevent vomiting.

2. The Principle of the Infinitesimal Quantities:

This is the result of the research for the smallest effective dosage. The principle follows the Arndt-Schulz Law, which states that weak stimuli increase physiologic activity and very strong stimuli inhibit or abolish activity.

3. The Principle of the Totality of Symptoms:

Homeopathy does not aim at healing one specific organ but rather heals the individual on a whole, his total being. This derived from Hahnemann's understanding that we all are not a mere body with organs, nerves etc, but that our emotional and physical state is interconnected.

Homeopathic Compounds vs. Classical Homeopathy:

For those who want to heal themselves, homeopathic compounds represent a very adaptable and gentle method of self-medication. They are effective and carry no risk of error since they do not require the patient to have any medical training. Classical homeopathy means that only one homeopathic medicine is given at a time chosen by a Homeopath after an intensive case taking. This is called a constitutional remedy.

Toxicity and Adverse Reactions:

Homeopathy is an alternative medicine for the whole family, it is effective, safe and since it contains no toxicity whatsoever it is totally harmless.

Homeopathic remedies are therefore a preferred choice of medication for pregnant women and small children.

Homeopathy's mode of action:

Homeopathy stimulates our organism's natural defenses without causing any side effects and can therefore act as a curative as well as preventative medicine.

Potential Benefited:

Babies, children, adults and pregnant women.

Homeopathic Remedy Sources:

Homeopathic Remedies come from animal, mineral and vegetable kingdoms.

Range of Application:

It is largely used to heal acute disorders such as bronchitis, flu, otitis, etc., as well as chronic illness such as seasonal allergies. This includes acute and chronic emotional ailments, like grievance, anxieties etc.

Reaction Time:

Homeopathy can work very fast on acute disorders. In chronic conditions homeopathics reaction time will depend on the individuals healing mechanisms.

Administration Venues of Homeopathics:

Granules, globules, drops, vials, ointments, ovules and suppositories.

Contraindication and Adverse Effects:

There are no contraindications. Homeopathy is even recommended for pregnant women and babies.

General Administration Guidelines:

Homeopathic drops can be taken pure or diluted in a little water. Keep the product in the mouth for thirty seconds before swallowing. They should be taken half an hour before or an hour after a meal.

Adults: 20 drops 3 times a day, half an hour before meals or one hour after.
In more severe cases: 10 drops every 20 minutes and slowly diminish amount as symptoms disappear.

Children: 10 drops 3 times a day, half an hour before meals or one hour after.
In more severe cases: 5 drops every 20 minutes and slowly diminish amount as symptoms disappear.

In extreme cases the number of doses can be increased without risk. One must space out the doses as soon as there is an improvement and stop the doses when the symptoms disappear. Homeopathic products remain active for up to 5 years after they were made.