

## Family Application of Homeopathic Principals

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Homeopathy is a system used to treat disease, which is based on Hippocrates' Law of Similars: "When a natural substance is given to a healthy individual, symptoms will arise; when that same substance is ingested by someone who is ill with similar symptoms, it acts as a curative." In fact, the word homeopathy is Greek in origin, and literally means "similar suffering". So the principles of homeopathy are ancient, and were utilized in medicine by the Egyptians, Chinese, Incas, Aztecs, and Native Americans.

The modern practice of homeopathy arose in the early 1800's, when a German physician named Samuel Hahnemann experimented with taking the herb Chinchona bark (also known as Quinine), which was used for treating malaria. Hahnemann discovered that although he had been healthy prior to ingestion of the herb, he began to experience classic symptoms of malaria. These symptoms subsided naturally after a few hours. Through this experiment, Hahnemann was able to demonstrate Hippocrates' Law. He then began to ingest various substances and accurately document the effects they had on him. He also recruited friends and colleagues to help him with his "provings" as they came to be called. Although he was able to demonstrate again and again the principle of "like cures like", he still had a problem in that many of the substances he wanted to test were extremely toxic even in small doses. To eliminate the potential of harm from his experimentation he began to dilute the substances many times, and discovered that he could produce results even with solutions which had been so diluted that none of the original substance remained.

Many homeopathic references were created from the work of Hahnemann. His documented provings have been expanded upon and printed into various versions known as *Materia Medicas*, which are used as homeopathic references today. The *Materia Medica* is to homeopathy as the Physicians' Desk Reference is to allopathy. It lists the

known homeopathic remedies in alphabetical order, and relates the symptoms they are effective for. The cross references which list symptoms, (known in homeopathy as rubrics) and recommends which remedies treat those rubrics, are known as Repertories. As with the *Materia Medicas*, there are many Repertories on the market. Some references are a combination *Materia Medica* and Repertory. The information detailing Samuel Hahnemann's principles of homeopathy is called Organon of Medicine. Anyone serious about the study of homeopathy would benefit by becoming familiar with the material contained in this valuable resource.

Homeopathy as a particular science involves diluting a substance to the nth degree, and treating the symptoms the remedy would cause in a larger dose in a healthy individual. For example, *Allium Cepa* is the homeopathic remedy made from onions. In a healthy individual onions cause the eyes to water and the nose to run, so these are the symptoms that *Allium Cepa* treats. This is a remedy I buy in the fall to treat hay fever which presents with these particular symptoms.

The dilutions are done very methodically and mathematically. The most common dilutions are either X or C potencies. The X potencies are 9:1 or decimal based, and the C potencies are 99:1 or centesimal based. A centesimal potency is produced by combining one part of the original substance, known in homeopathy as the mother tincture, with ninety-nine parts of a carbon containing substance such as alcohol or lactose. The solution is then vigorously shaken. This process of shaking the diluted substance to release the energy of the mother tincture is known as succussion. At this point the procedure has produced a 1C homeopathic potency. Creating a 2C potency of the same remedy requires combining one part of the 1C solution with ninety-nine parts of the carrier solution and succussing it again. The entire process of diluting and succussing is known

as potentization and rather than referring to "dosages" as in allopathy, in homeopathy we refer to "potencies". After a remedy has been potentized twelve times not one molecule of the mother tincture is present within the solution, yet the more diluted the remedy, the more powerful it is!

Since it does not work chemically, the obvious question is, "How does homeopathy work?" The answer is that it works on the vital force of the individual. The term vital force not only alludes to the meridian energy, but also the energy field which encompasses the body. The vital force is that portion of ourselves which sustains life. There are people called clairvoyants whose range of visual perception includes frequencies high enough to embody the human energy field. Most clairvoyants claim that disease actually presents itself within this field (also known as the aura), *before* it becomes apparent within the physical body. Everything apparent within the energy field eventually becomes apparent within the physical body or psyche, and everything within the physical body and psyche is apparent within the energy field. The energy field actually contains an imprint of the physical, mental, emotional and spiritual processes of the individual. Disease can be treated at the physical level which in turn affects the energy field, or conversely, it can be eliminated from the energy field which causes it to disappear within the body. Homeopathy restores abnormal vibrations within the energy field which then eliminates the corresponding disease from the physical body. However, the effectiveness of homeopathy is not only confined to the physical plane, but acts at the mental and emotional levels as well.

There are three laws of healing which apply to homeopathy. These were first described by Constantine Hering who was a German homeopathic physician that immigrated to the United States. These laws in summary state that healing occurs from the inside out, in reverse order of appearance, and from the upper parts of the body to the lower parts.

Homeopathic treatment can be effective for acute conditions as well as for chronic ones. Acute conditions are sudden in onset and

either cause death or allow for recovery. Chronic conditions are those with slower onsets, but which are sustained. Treatment of either acute or chronic disease with homeopathy requires considering a totality of the symptoms, but a much more involved history is necessary when treating chronically.

Treating chronic disease with homeopathy realizes the most beneficial results when the person's particular constitutional remedy is researched. This is accomplished by taking a complete lifetime history including personality, sensitivities, fears, affections, temperament and emotions, delusions, traumatic events, and physical symptoms. Each element of the history is considered to determine which remedy best suits the individual. Although the process is an arduous one, the results can be well worth it! Needless to say, the practice of determining constitutional remedies and treating chronic disease is best left to a trained homeopath.

For the sake of this presentation, we are going to focus on the use of homeopathy to treat acute conditions which frequently occur within the family. The effective use of homeopathy requires the understanding that homeopathic remedies are not matched to particular diseases, but rather to particular sets of symptoms. The process of matching a remedy to the totality of the symptoms is called repertorization. The remedy whose provings most closely match the totality of the symptoms for a particular person is called the *simillimum*.

Sometimes when treating disease homeopathically, the subject will experience a healing crisis known in homeopathy as an aggravation. An aggravation is a temporary intensification of current symptoms, or a resurgence of previous symptoms in reverse order of their original appearance. Although sometimes inconvenient, aggravations are rarely problematic. Consider that symptoms which are present during either an acute illness or an acute expression of a chronic illness usually indicate that the body is trying to heal itself. For instance, in a common cold the runny nose, fever, and cough are all indicative of the body's attempt to expel or fight against the infecting organism. When the remedy

restores the body's vital force and in doing so strengthens the immune system, symptoms related to an immune response would naturally become more exaggerated. This is however, only a temporary condition and signifies that healing is occurring. When treating constitutionally, the most recent illnesses are ameliorated first, and symptoms of old illnesses which have been suppressed with pharmaceuticals may temporarily reappear. These symptoms are usually milder than when originally experienced, and they will disappear as the constitutional remedy continues to restore the vital force. An aggravation is actually a sign that the remedy is a good match.

Later in his research, Hahnemann discovered LM potencies, which are derivatives of 3C potencies. The advantage of using LM potencies is that they augment the healing process while minimizing the aggravation. The LM tincture is made by adding 500 drops of a carrier solution to a 3C potency remedy. One drop of this tincture is placed on 300 sugar pellets (usually lactose, or milk sugar) to produce an LM1 potency remedy. To make an LM2 remedy requires succussing a LM1 pellet in a small amount of water to which grain alcohol is added. One drop of this solution is placed on 300 pellets. The process is repeated each time to create potencies ranging from LM1 to LM32. Treatment proceeds through the LM remedies in order as determined necessary.

Although the subject of homeopathy may appear complex, when used in potencies sold over the counter it is innocuous and can be very effective. Accurate determination of a remedy requires paying attention to the particular symptoms, which may vary from person to person even with the same strain of infecting organism. Noticing not only the symptoms, but also what conditions aggravate or ameliorate them and the accompanying mental state is important. There are many references which are listed in the bibliography which will assist you in determining the most appropriate remedy in a given situation. A good one to start with is The Family Guide to Homeopathy by Alain Horvilleur, M.D. Although most health food stores carry homeopathics, it is really convenient to own a

family homeopathic kit. The one that I recommend is manufactured by a company in Las Vegas called Dolisos. The kit runs about \$100.00, and can be accessed by calling 1-800-DOLISOS. I advise that you order your kit in 30C potencies. These are effective without producing significant aggravations. You will know if your selection was not the appropriate remedy only by realizing that it didn't alleviate the symptoms. Remedies in a 30C potency will do no harm, and can be used safely both in conjunction with pharmaceuticals and during pregnancy.

Those of us with skills in kinesiology have an added advantage. If uncertain of the best remedy for a given situation, you can use muscle testing to make the determination. This is done by finding a strong muscle to use as an indicator. Then muscle test as you scan the area of discomfort by placing a hand over that area. This should weaken the indicator muscle. Remove the remedies being considered from the kit, and have the subject hold each of them over the thymus area while you muscle test and scan at the same time. The remedy which best strengthens the indicator muscle will be the most effective.

The best way to learn homeopathy is by practicing it. Muster the courage and jump in with both feet. You won't regret taking the plunge!

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## Homeopathic Remedies for Common Family Maladies

### Bladder Infections:

Aconitum napellus--During earliest stages. Difficulty passing urine followed by burning pain during urination. Fear and anxiety.

Apis mellifica--Severe burning and stinging pain in urethra before, during and after urination. Urge to urinate extreme, but only able to pass small amounts. Feels like swelling in urethra.

Berberis--Pains during or after urination with cutting or shooting pains from bladder to urethra or from urethra to pelvis, thighs, or back.

\*Cantharis--Frequent urination with burning pain. May have severe burning or stabbing pains in urethra or bladder before, during, or

after urination. *Most commonly used remedy for bladder infection.*

Mercurius--Burning with uncontrollable urge to urinate with dark urine. Urine passes in small amounts. Burning worse when not urinating.

Nux vomica--Burning or pressing pain in bladder during urination. Needle like pains from urethra to bladder.

### Burns:

Belladonna--Internally if pain is throbbing, angry, red, and swollen.

Calendula Cream or Ointment--Apply locally to burns with redness but without any blistering.

Cantharis--Take internally for a bad burn.

### Constipation:

Alumina--Traveler's constipation, no urge

Bryonia--Large, hard, dry stools

Nux vomica--Ineffectual urging

### Colds and Flus:

\*Oscilloccinum--Will eliminate cold and flu symptoms only during onset. Take this as the first symptoms present themselves and repeat dose each time symptoms reappear. It usually takes 1-4 doses to eradicate the disease. It may also be used prophylactically.

Aconitum napellus (Aconite)--Early stages after being exposed to cold, dry wind. Intense head cold symptoms with sneezing and watery runny nose. There may be high fever, restlessness, sensitivity to light.

Allium cepa--Thin, watery, clear, burning discharge from nose which irritates nostrils and upper lip. Eyes red and burning with profuse bland tearing. May have tickling in larynx and painful dry cough. Thirsty.

Arsenicum album--Profuse watery nasal discharge which burns the skin, and nose feels stopped up. Nose may tickle and feel irritated, leading to violent sneezing. Cough

from either larynx or deep in chest may be loose or dry, with burning chest pain. Feels chilly, restless, and worse at night.

Belladonna--Sudden onset with high fever, dry, flushed, red, hot face. Hypersensitive to stimuli such as light and noise. Throat red and sore. May have headache or earache with throbbing pain. Cough is barking and painful and produces thin mucous.

Bryonia--When cold has moved into chest. The cough is dry, painful and spasmodic.

Euphrasia--(Opposite of Allium Cepa) Bland watery discharge from nose and copious burning tears.

Gelsemium--Fatigue, restlessness, achy, chills up and down spine. Dry sensation in nose with irritating watery nasal discharge. Good flu remedy.

Hepar sulphur--Used in later stages. Thick yellow nasal discharge which may have bad smell. Cold causes sneezing. May cough up thick yellow phlegm, and generally worse with exposure to cold.

Kali bichromicum--Used in later stages. Nasal discharge thick, and yellow or green with offensive odor. Thick post nasal drip with sinus headache. Also used for chronic sinusitis.

Mercurius solubilis--Begins with chills then violent sneezing. Either thick green or profuse watery nasal discharge with makes nose and upper lip sore. Sore throat with difficulty swallowing and bad mouth odor.

Natrum muriaticum--Thicker, clear, eggwhite like nasal discharge. Nose may be stopped up with loss of smell and taste.

Nux vomica--After exposure to cold. Onset more gradual with dry, tickling and scraping sensations in nose. Initial stuffy and dry nose, then watery discharge which may be irritating. May alternate between watery and stuffy nose.

Phosphorus--Laryngitis and hoarseness. Cough may be dry or loose, croupy or deep.

Pulsatilla--In midst of cold. Thick bland

yellow to yellow green discharge. Nose may run in open air and evening and stop up in warm room. Cough may be both dry and loose with heaviness. Wants sympathy and attention.

Sabadilla--Chills with cold feet and hands. Spasmodic sneezing with copious runny nose. Severe frontal pains with redness and tearing of eyes. Sore throat begins on left side. Lump in throat with continuous need to swallow.

Spongia tosta--Cough is loud, dry, barking with hoarse, rasping respirations. Anxious and warm. Exhausted after even slight exertion.

Kali muriaticum 6x and Ferrum phosphoricum 6x--Homeopathics with decongestion effects. Take every three to four hours during cold.

#### Diarrhea:

Arsenicum album--Watery, irritating, burning, chilly, weak and restless; nausea and vomiting with diarrhea

Colocynthis--Diarrhea accompanied by severe cramping

Phosphorus--Watery diarrhea without pain, craves cold water but vomits it up immediately

Podophyllum--Watery, painless, and putrid; can't bear thought of food or drink

Veratrum album--Explosive, weakness, violent, vomiting, breaks out in cold sweat; craving for ice water.

#### Earache:

Belladonna--Sudden, piercing pain, red ear and/or face--especially right ear. Eardrum looks bright red or streaked red. High fever.

\*Chamomilla--Earache with extreme irritability. Oversensitive to pain. Angry and only stops when being carried. Also used for teething. *Most common remedy used for otitis media (middle ear infection) in young children.*

Pulsatilla--Stuffed, pressure sensation in ears with yellow/green mucous from nose.



Temperament is sad, whining, affectionate.

Hepar sulphuris calcarium--Ear sensitive to touch and can have pussy discharge. Irritable with swollen glands.

**Headaches:**

Bryonia--Sharp frontal pain with irritability, worse with motion, better from pressure

Belladonna--Migraines; violent, throbbing, worse from light and noise

Gelsemium sempervirens--Tension headache; feels like band around head; pain originates in back of head

Nux vomica--Hangover remedy; "sick headache" from overeating, alcohol, missing sleep; very irritable

Kali phosphoricum--Stress headache, overwork, worry

**Insect Bites and Stings:**

Apis mellifica--Internally for red, swollen bee and wasp stings.

Ledum palustre--Internally for any other insect bite. Also for Lyme's Disease.

Staphysagria--For mosquito bites that are large and irritating.

**Menopausal Hot Flashes:**

Kali carbonicum--Hot flashes with loss of appetite, backache, worse at 3:a.m.

Graphites--Hot flashes in face, with scanty periods, nose bleeds and weight gain

Lachesis--Hot flashes with sweaty constricted feeling around abdomen, heavy menses, dizziness, headache upon waking

Sepia--Hot flashes with accompanying emotional indifference to life and loved ones, depression with irritability, irregular periods

**Menstrual Cramps:**

Chamomilla--Labor-like cramps, irritable, anger, moaning

Cholocynthis--Pains which make you double over

Magnesia phosphorica--If pressure and warmth make cramps worse

Sepia--Pelvic pressure, marked with indifference to life or loved ones

**Motion Sickness:**

Cocculus--Nausea, vomiting, dizziness, must lie down

Nux vomica--Nausea, headache, use if you don't have other remedies

Tabacum--Deathly nausea, cold sweat, pale, better in open air

**Nausea, Vomiting, and Abdominal Discomfort**

Arsenicum album--Food poisoning; abdominal flu, diarrhea and vomiting, weak, restless, fearful

Bryonia--Sharp abdominal pain

Colocynthis--Cramping pain, relieved by pressure, bending over double

Ipecacuanha (Ipecac)--Nausea and vomiting, tongue is not coated

Nux vomica--Indigestion and heartburn, nausea or gas from overeating, drinking; irritable with coated tongue

**Nosebleeds:**

Arnica montana--Following injury

Ipecacuanha--When blood is bright red

Phosphorus--From violent nose blowing or sneezing

Ferrum phosphorica--Person may look pale, feels faint, blood bright red

Vipera--All other cases

**Rashes:**

Apis mellifica--Hives, red swollen edematous rashes

Rhus toxicodendron--Poison ivy, poison oak, and other similar rashes

Urtica urens--Hives

***Sore Throats:***

Arsenicum album--Burning pains, chilly, worse at night, better warm drinks

Belladonna--Red throbbing sore throat, fever, no pus, "strawberry tongue"

Hepar sulphuris calcarium--Swollen glands, sharp splinter sensation on swallowing, pain may extend to the ears, irritable, better warm drinks

Lachesis--Painful swollen throat on Left side, or extends from left to right, pain extends to ears or neck

Lycopodium--Sore throat on Right side, or extends from right to left

Mercurius solubilis--Swollen glands, very painful throat with white patches on tonsils. Lots of saliva, may drool, coated tongue, fetid breath

***Trauma:***

Arnica montana--ANY INJURY!! May take internally or externally on unbroken skin; bruises, sprains, strains, overuse

Hypericum perforatum--Crushed fingertips and toes, spinal injury, whiplash, coccyx, dental pain

Rhus toxicodendron--Sprains, early arthritis, stiffness, muscle strains, overexertion, pain and stiffness improves with movement

Ruta graveolens--Strained tendons or ligaments, tendonitis, carpal tunnel, tennis elbow, ganglion cysts