

Homeopathy for Common Ailments

INTRODUCTION

In this lesson, you'll learn about the German physician Samuel Hahnemann, how he developed the science of homeopathy, and why it works so well. The lesson begins with a brief history, followed by discussion of keys to understanding homeopathy. Once you read and understand the basics, you'll see why homeopathy is currently regaining favor in health care. You'll also learn about how crucial the details of casetaking are, as well as steps for using specific homeopathic remedies at home.

Assignment 1 reviews several key terms with which you should become familiar; the basic principles of why homeopathy works; symptoms, provings, doses, and potentization; and the homeopathic view of infectious disease. You'll also be introduced to casetaking and why it's so important in determining the appropriate remedy to use.

Be sure to review the topics carefully, for you'll be working with these concepts as you proceed through the chapters in your textbook.

Assignment 2 will introduce you to the homeopathic methodology regarding fevers, influenza, colds, coughs, sinus problems, and conjunctivitis. You'll begin to learn the suggested use of specific homeopathic remedies for specific conditions. In this assignment, you'll review each chapter's additional components of general home care, casetaking questions, specific remedies, remedy summaries, and beyond home care.

OBJECTIVES

When you complete this lesson, you'll be able to

- Explain the basic principle of the law of similars
- Identify the various levels of the body's defense system



- Define *homeopathic potencies* and discuss the process of potentization
- Discuss Hering's laws of cure
- Discuss the proper care, handling, and storage of homeopathic remedies
- Discuss the homeopathic approach to fever, colds, flu, and sinus problems

ASSIGNMENT 1: UNDERSTANDING HOMEOPATHIC MEDICINE

Read this introduction to Assignment 1. Then read pages xi–42 in *Everybody's Guide to Homeopathic Medicines*. Also, review the link indicated in the online activities assignment.

Homeopathy: The Beginning

The science of homeopathy was created in the late 1700s by a successful German physician and chemist, Samuel Hahnemann, who chose to leave his orthodox practice because of the harmful methods being used at that time. While translating a leading physiologist's work, he came across a claim that he thought preposterous. He disproved the idea, and in the process of testing it on himself, he rediscovered a natural and very effective form of health care—homeopathy.

The word *homeopathy* was created from Greek words, and the Latin phrase *similia similibus curentur* was coined to describe the basic principle of how homeopathy works. This principle has been noted and demonstrated since the time of Hippocrates. While homeopathy's rapid rise in the early 1800s helped to fight deadly epidemics of infectious diseases such as scarlet fever, it's still a very effective method for addressing all types of infections. However, an individual's defense system resistance is the important factor to the homeopath, as opposed to the microbes themselves. Review pages 15–17 carefully, particularly the first two paragraphs on page 16.

Using Homeopathy at Home

Before you consider the uses of homeopathy, make sure you understand the terms *symptoms*, *provings*, *doses*, and *potency*, which are key to understanding homeopathy. Pay special attention to the unique process of potentization, which is critical to how long and how deeply a remedy acts.

The Five Steps of Homeopathy

There are five basics steps to follow for using homeopathy at home—casetaking, case analysis, selection of the appropriate remedy, administration of the remedy, and observation. Each step is important, especially casetaking.

Casetaking. By keeping a home medical record for yourself and your family members, you're preparing for casetaking. Write down all your findings, including detailed symptom descriptions, so that the person's individual and unique state of balance can be understood. Study the differences between *particular* and *general* symptoms to ensure you use the terms correctly. Your text provides some casetaking hints and offers an outline for casetaking in acute care. Be sure to review pages 26–29 carefully (and often) as you proceed through the course.

Case analysis. Evaluating symptoms and analyzing the information you collect through casetaking is a challenging process. You'll evaluate both the intensity and the depth of the symptoms, using the points scale noted in the text, and then total the points. You'll also note any peculiar symptoms, evaluate the modalities, and note the key symptoms. With the analysis complete, you'll be ready to proceed to choosing a remedy.

Choosing a remedy. Selecting the appropriate remedy involves matching the symptoms presented by the afflicted person with the ones that the remedy is known to cause in healthy people. Use the text's modified *materia medica*, which contains the general symptoms for each remedy and the clinical chapters of the text. After reading the clinical chapter, you'll create a table for the key symptoms and possible remedies; then, by reviewing the original set of notes made for casetaking and comparing the remedies to consider, you can narrow the choices down to the "best match."

Administering the remedy. For home use of homeopathy, the lower potencies are recommended. Remember: the frequency of the dose is more critical than the amount used. Make sure you carefully review not only the potency information and the available forms of remedies, but also the section on antidote effects. In addition, study the guidelines for the proper care of homeopathic remedies.

The remedy. For homeopathy to be effective, the fundamental rule is simple and easy to remember: *Give no more remedy until the previous dose has ceased to act, no matter how long or short a time that may take.* That is, the best way to determine when to repeat a dose of the remedy is by closely observing the effects of the dose given. This section of the reading assignment also offers some guidelines to follow for repeating and/or changing the remedy.

A Sample Case

A hypothetical case is presented at the end of Chapter 2, using both narrative form and the outline form for actual casetaking. Review it carefully, referring back to the related sections of Chapter 2, to help you apply what you've learned in a very practical, "how-to" way.

Online Activities

Watch the video "What Homeopathy Is: Correcting the Misinformation," at <http://www.youtube.com/watch?v=6wJRIc1EHyM>. Were you familiar with any aspects of homeopathy when you started this course? How does the information in this video relate to your understanding and/or experience with homeopathy so far? Write a paragraph in which you explore your reaction to the information in this video.



Self-Check 1

At the end of each section of *Introduction to Homeopathy*, you'll be asked to pause and check your understanding of what you've just read by completing a "Self-Check" exercise. Answering these questions will help you review what you've studied so far. Please complete *Self-Check 1* now.

Questions 1–10: Match the term on the left with the correct description on the right. Indicate your answer in the space provided.

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|-------------------------------------|---|
| _____ 1. Pathos | a. Latin for "let likes be cured with likes" |
| _____ 2. Materia medica | b. Greek for "similar" |
| _____ 3. Potentization | c. Greek for "suffering" or "disease" |
| _____ 4. Similia similibus curentur | d. Latin for "the healing power of nature" |
| _____ 5. Constitutional homeopathy | e. Latin for "materials of medicine" |
| _____ 6. Casetaking | f. Homeopathic approach to caring for a "constitutional" weakness |
| _____ 7. Vis medicatrix naturae | g. Hahnemann's method of diluting remedy substances |
| _____ 8. Modalities | h. Physical, emotional, and mental freedom |
| _____ 9. Homoios | i. Collecting complete and accurate information about an illness |
| _____ 10. Health | j. Factors that improve or aggravate a symptom |

(Continued)



Self-Check 1

Indicate whether each of the following statements is True or False.

- _____ 11. The concept of the minimum number of doses is predicated on the belief that once healing has begun, it's best to do nothing more but let the process continue in its own way.
- _____ 12. In the homeopathic view of disease, germs are the primary cause of infections.
- _____ 13. During the process of case-taking, it's important to note your impressions of the person's condition, making sure to phrase his or her symptoms in your own way.
- _____ 14. If a person is uncertain about a remedy, it's best to use a lower potency.
- _____ 15. Generally, the more severe the person's symptoms, the more often the remedy would be repeated.

Check your answers with those on page 59.

ASSIGNMENT 2

Read this introduction to Assignment 2. Then read Chapters 3 and 4, pages 48–92, plus pages 345–346 in *Everybody's Guide to Homeopathic Medicines*. Also, complete the online activity as assigned.

Fever, Flu, and Colds, and Related Conditions

For this assignment, you'll learn about common symptoms and infections and how to determine the nature of each. Your textbook reminds you of the differences in outlook between homeopathic and traditional treatment of respiratory and other conditions.