

Homeopathy as an Alternative

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- Holistic approach to health
- Samuel Hahnemann- late 1700s
- Similar Principle (like cures like)
- Individualisation
- Potentisation - pharmacy

Examples of Similia Principle in Allopathy

Nitroglycerine

- provings showed cardiac symptoms
- used both homeopathically and allopathically to treat **angina pectoris**

Colchicum

- provings show numerous gout symptoms
- used both homeopathically and allopathically to treat **gout**

Digitalis

- provings showed heart symptoms
- used both homeopathically and allopathically to treat certain **heart conditions**

Metallic gold

- provings showed affinity for the joints
- used both homeopathically and allopathically to treat certain **arthritic conditions**

Amphetamines

- used to treat ADD/ADHD

Individualization

- Homeopaths look for individualizing symptoms specific to the person experiencing the illness.
- William Osler, often called “the father of modern medicine” said: **Ask not what disease the person has, but what person the disease has.**

Differences in Perception

(or treat the cause not the symptoms)

- symptoms are not the disease
- they are an effort to maintain a homeodynamic state by the vital force
- they are an adaptive response - e.g. cough, fever, diarrhea

Why Use Homoeopathy?

of symptoms does nothing for the underlying disease process, which would continue unabated.

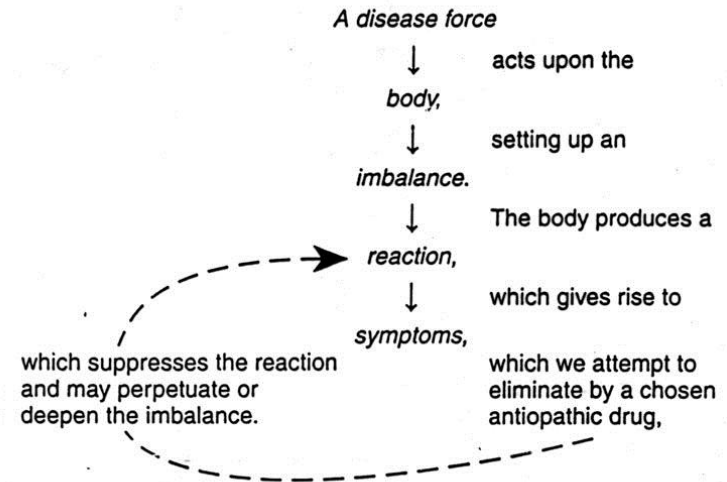


Figure 4.1 *The Result of Antiopathic (Conventional Drug) Treatment*

Contrast with this the following representation of the action of a correctly chosen homoeopathic remedy (Figure 4.2).

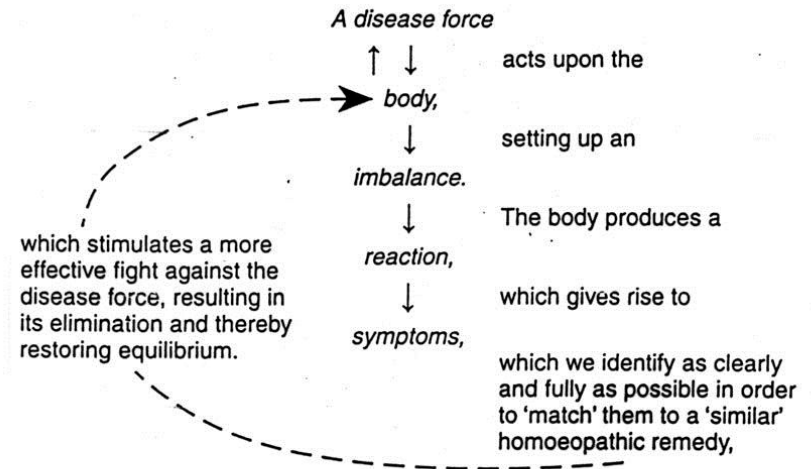


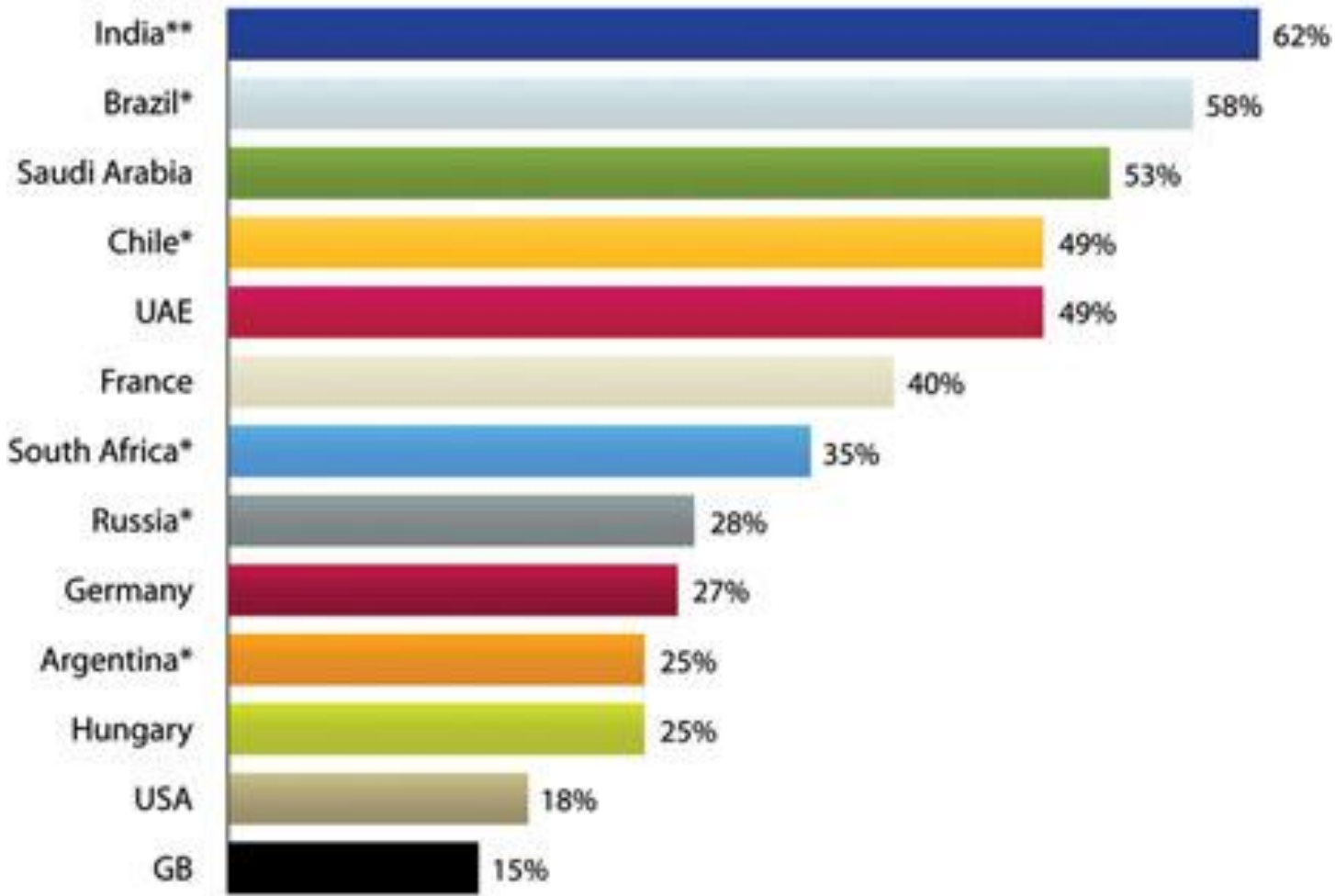
Figure 4.2 *The Result of Homoeopathic Treatment*

Free of side-effects and safe

- All but a few of homeopathic remedies are **derived from natural substances** rather than being synthetically produced like most conventional drugs.
- **Do not produce side effects** in the conventional sense of the word. However, an aggravation, or temporary worsening of symptoms may occur. This is called a **healing aggravation**.
- Homeopathic remedies are **extraordinarily safe**. When an incorrect remedy is prescribed it generally has no effect at all. Remedies have been **safely used by infants, pregnant women and the elderly** for over two centuries.
- These remedies are an excellent choice for **people who are highly sensitive** to foods, medications, vaccines, or the environment.

Statistics on Use of Homeopathy

'I trust homeopathic medicine' - % agree



Base: Individuals aged 18+

* Respondents from urban areas only

** Respondents from ABC socio-economic groups in urban areas

Source: Global TGI

Statistics on Use of Homeopathy - Europe

Use of homeopathy by physicians in Europe

- 40% (18,000) of French M.D.'s have treated 40 % of the French public (*Compl Med Research*, May 1990, 4(2)4-8.)
- 45 % of Dutch think homeopathic remedies effective (1991)
- 37% of British and 42% of family physicians refer to homeopaths (*BMJ*, 292, June 7,1986, 1498-1500)
- 20% of German
- 20% of Scottish physicians have had training in homeopathy

One in four EU citizens uses homeopathy. The World Health Organisation recognises homeopathy as one of the top complementary medicines worldwide. Studies show 70% of people reporting positive health changes after homeopathic treatment, even where conventional treatment has had little effect. (sources: BMC Public Health 2004 4:6, NHS report on homeopathy ISBN 1 901262006 and 1901262014)

Statistics on Use of Homeopathy – U.S.

- In the United States, Americans are turning to complementary practitioners in record numbers. (The New England Journal of Medicine in 1993 published research result that said Americans made 425 million visits to alternative practitioners including homeopaths).
In response, more than 30 U.S. medical schools--including Yale, Harvard, John Hopkins, UCLA, Columbia and Stanford--have joined Emory in offering courses on complementary, or alternative, medicine of which 57.5% of these courses are about homeopathy (Ref: research done by Indiana University School of Medicine) .
- In the US, homeopathic drugs have been official since 1938 (Federal Food, Drug, and Cosmetic Act). The conditions for their commercialisation were specified by the FDA (Food and Drug Administration) in the Compliance Policy Guide of 1988.

Statistics on Use of Homeopathy - World

Homeopathy is included in the national health system in a number of countries (e.g. Austria, Brazil, Chile, France, Greece, India, Mexico, Pakistan, United Kingdom)

Ref: Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.

In addition, the following countries have practicing MD or lay homeopaths numbering in the 100's or 1,000's

Spain, South Africa, New Zealand, Argentina, Pakistan, Canada, Benelux countries, Romania, Denmark , Brazil, Russia, Ukraine, and many other countries.

France

- France is the leading European country using homeopathic drugs. An increasing number of the French choose these drugs, going from 16 % in 1982 , 22% in 1984 to 36 % in 1992 and to 40% in 2002. Ref: Norges offentlige utredninger, NOU 1998:21 Alternativ medisin. (Official report published by the Norwegian Department of Health. Available at: <http://odin.dep.no/hd/norsk/publ/utredninger/NOU/030005-020019/index-ved005-b-n-a.html>) Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv. Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.
- In addition, 74% of the patients declare that they are “disposed to heal themselves with homeopathy if their doctor prescribes it “. Only doctors and certain health professionals (dental surgeons, midwives, etc.) are able to prescribe homeopathic treatments.
- 5,000 generalists use homeopathy on a regular basis and 25,000 occasionally, out of 110,000 private practice doctors. 69% of the medical profession considers that homeopathy is an effective treatment.
- More than 20,000 pharmacies sell homeopathic medicines. There are six medical schools offering degree in homeopathy. Homeopathy is taught in all pharmacy and veterinary schools.

Germany

- Homeopaths are recognised and regulated by the German government, based on the Heilpraktikergesetz of 1939. Ref. Gesetz über die berufsmäßige Ausübung der Heilkunde ohne Bestallung (Heilpraktikergesetz) vom 17.02.1939 (RGL. I S.251), geändert durch Art. 53 des EGStGB vom 02.03.1974 (BGB1. I S.469).
- The title "Homeopathic Physician" is legally protected; it is bestowed by the Federal Medical Chamber after a three-year training programme. Elements of complementary/alternative medicine are part of the standard curriculum for all physicians, and three-fourths of physicians in Germany use complementary/alternative medicine. Homeopathy is taught officially at the medical faculties of universities in Berlin, Düsseldorf, Hannover, Heidelberg and Freiburg. Homeopathy accounts for 27.4 % of patient contacts in the area of complementary/alternative medicine. "Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review" (PDF). World Health Organization. World Health Organization (2001)

India

- Presently there are 165 homeopathic medical colleges in the country; state governments or universities maintain many of them.
- The number of licensed homeopathic doctors is around 180,000 equaling one homeopath per 5 500 patients (Ref: ECHAMP News, February 2006. www.echamp.org). Nearly 10% of Indian population (about 100 million people) depend on homeopathy for their health care needs.
- Mother Teresa added homeopathic care to the services at her missions. She opened her first charitable homeopathic dispensary in Calcutta in 1950 and had a special interest in homeopathy because of its effectiveness and low cost

Effectiveness

Medical Research on Homeopathy in Conventional Journals

- A 1991 review of over 100 homeopathic research studies published between 1966 and 1990 showed that homeopathy showed positive results in 76 % of the studies in conditions including infections, digestive disorders, influenza, hay fever, rheumatoid arthritis, fibromyalgia, recovery from surgery, and psychological problems. (Knipschild and Riet, *BMJ*, Feb. 9 1991; 302: 316-323)
- in 1994 the peer review journal *Pediatrics* published a study by J. Jacobs, M.D. demonstrating homeopathy's effectiveness in pediatric diarrhea in Nicaragua. (Jacobs, Jimenez, Gloyd and Crothers, *Pediatrics*, May 1994; 93,5:719-725)
- In 1994 *The Lancet* published a major study which that 82 % of asthma sufferers improved significantly as compared to 38 % in the placebo control group.
- in a meta analysis of placebo control trials, the *Lancet* concluded that homeopathy was significantly more effective than placebo (*Lancet*, Sep. 20, 1997: pp 834-43)

Veterinary Medicine

Homeopathy and veterinary medicine

- in a three year study on 40 farms in Westfalia, Germany, farmers were able to reduce antibiotic use from 90 % to 26 %. In 60% of all cases, the homeopathic treatment was successful on its own. (Carstens, former President of Germany)

Homeopathic veterinary site:

- URL: <http://www.vethomopath.com/indhorses.htm>

Availability

- almost every pharmacy in Germany and France (20,000) stocks homeopathic remedies
- the most popular cold and flu medicine in France is a homeopathic medicine
- the most popular hayfever remedy in Germany is homeopathic and other medicines for the common cold, sore throats and circulatory problems are in the top ten of their respective categories.

Feeling Run-Down • Headache • Body Aches • Chills • Fever



oscillococcinum®

No Side Effects • No Drug Interactions • Non-Drowsy



Compatibility

- remedies will not interfere with conventional medications of any kind
- eventually the remedies, under a physician's supervision, can replace the conventional medication by restoring balance to the system.

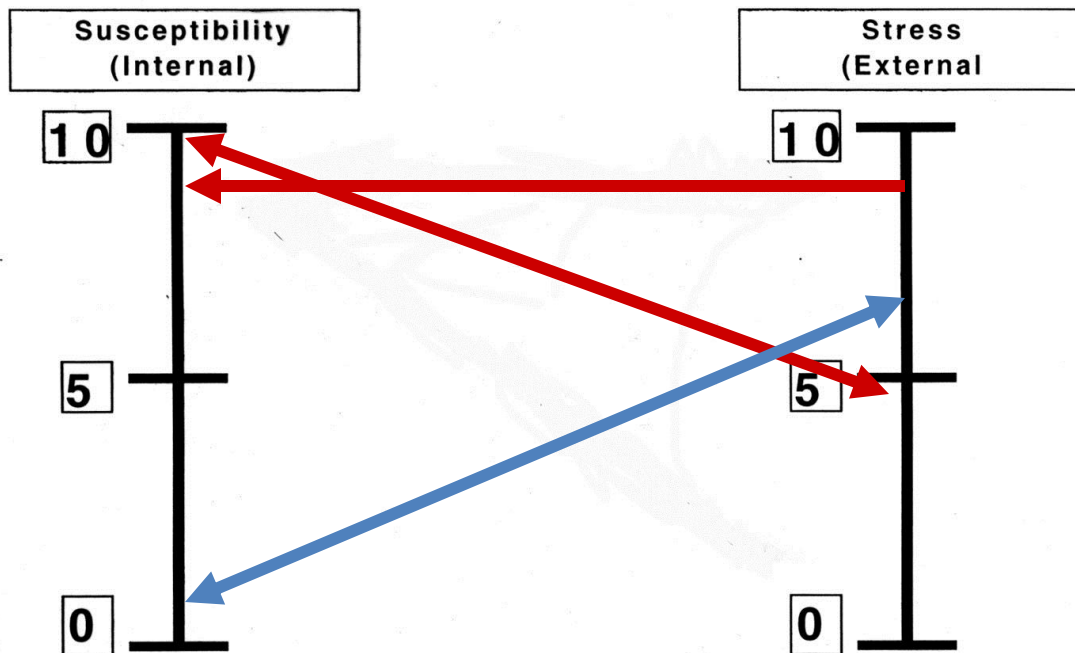
Famous People



Susceptibility

Susceptibility is defined as the dynamic interaction between internal susceptibility and external stress.

- the higher the susceptibility the less stress is needed to cause disorder in the system.
- the higher the stressor the more susceptible the system becomes



Examples:

- weakened from lack of sleep, anxiety at work = high susceptibility. Catch flu easily.

car accident = high stressor, everyone susceptible

Strong immune system = low susceptibility. Even highly contagious disease may not have any effect

Homeopathy can prevent disease

- By decreasing the susceptibility to stressors that are physical, mental and emotional, and restoring balance to the person's overall system, patients are less vulnerable to infectious diseases, allergies, acute illnesses, or a weakened immune response due to mental or emotional stresses. Not only is there less susceptibility to acute illness but to chronic illness as well.

Clinical conditions that respond particularly well to homeopathy - 1

- those for whom there is no known diagnosis, where tests disclose nothing abnormal, but the patient is suffering (functional disease)
- those with chronic diseases, especially where there may be a poor prognosis without an alternative approach
- those for whom drug treatments are poorly tolerated or contra-indicated, for example, in pregnancy
- those who need to cope with the side effects from conventional treatments
- those who suffer from repeated episodes of acute illness

Clinical conditions that respond particularly well to homeopathy - 2

Psychological illness

(which may require additional psychological support)

Anxiety

Depression

Psychological effects of PMS

Panic Attacks

After effects of grief

Fears and phobias

Bereavement

Nightmares

Obsessive disorders

Poor concentration

Post traumatic stress

Memory loss

Conditions often thought to have a significant psychosomatic element or aetiology:

Migraine

Impotence

Chronic headache

Insomnia

Dyspeptic syndromes

Colitis

Irritable Bowel Syndrome

Professionalism

- Qualified homeopaths are trained to rigorous standards.
- Check to see that your homeopath is registered with your local homeopathic society (in Egypt: **The Egyptian Society of Homeopathy**).
- a typical initial appointment will take a minimum of one to two hours.
- a homeopath develops an in-depth view of the patient.

Resources

- www.wddty.com (What Doctors Don't Tell You)
- www.hpathy.com
- www.homeopathic.org
- <http://www.hindawi.com/journals/ecam/>

Case Study 1

- Ziad 9 yrs old
- Concentration and attention problems
- Nightmares
- Fears

Case Study 2

- Khaled 9 yrs old
- Stuttering
- Dictatorial
- Obsessive tendencies