

# ***Homeopathic Basics***

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**Principles of Homeopathy-** The homeopathic principle calls for the treatment of disease with natural substances known to induce similar disease symptoms in healthy people. This is the idea that if a substance has the ability to cause sickness in a person, if prepared correctly it can also cure that same sickness. *Homeo* means same and *pathic* means suffering, hence the name homeopathic.

► Example of Allium cepa

**The Vital Force-** Further, homeopathy facilitates healing by its ability to stimulate the *vital force* inherent in all living beings. The vital force is what is responsible for stimulating healing and maintaining health in our bodies, emotions and mental state. For this reason, homeopathy is an extremely powerful form of medicine that can affect people on the deepest levels.

**Homeopathic History-** Homeopathy was first used in 1796 by a brilliant doctor and chemist named Dr. Samuel Hahnemann. He discovered that a substance, which causes the symptoms of an illness, when given in a small dose to a sick person, acts as a trigger to intensify the healing processes that the body's immune system has already begun. Hahnemann originally came to homeopathic medicine as a result of being frustrated with the medical practices considered cutting edge at his time (blood-letting, application of leeches, emetics, and purgatives). He employed exhaustive “provings” in an effort to find homeopathic preparations that could help address the medical issues of his time.

**The Basics of Prescribing-** A homeopathic practitioner takes a detailed case history in an effort to elicit symptomology on the physical level as well as on the mental/emotional level. All of these symptoms are then analyzed with a repertory and certain remedies are selected. Repertories are books with massive amounts of information about symptoms (rubrics) collected from provings. An example of a rubric might be; Mind, ailments, from grief or Fever, chills, alternating with flushes of heat or Generals, food and drink, salt, desire

**Preparation of Homeopathic Medicine-** All homeopathic medicines are derived from natural sources. For example, 60% of studied remedies are made from plants. Others are made from naturally occurring minerals like salt or metal like gold or silver. Some come from animal sources like the ink released from the cuttle fish. The substances are obtained in their most concentrated form and then put through a process of serial dilutions over and over again. This determines their potency and is represented by a number usually listed after the name of the remedy.

► Example 12C vs. 12X

**How to choose a potency-** From 1x to 10M.

**Homeopathic First Aid**- Homeopathic remedies can be very helpful in first aid situations. Sometimes they are enough to resolve the situation and other times they help make the person comfortable while emergency care is being administered. Most often homeopathy can be employed with emergency care or conventional medicine to facilitate quicker resolution of the situation.

◆**Arnica**- This is probably the single most important remedy to have on hand when it comes to any injury or first aid situation. It can be used for all injuries but is most indicated for bruises, sprains, swelling, or pain. It is a very important remedy pre and post surgically to hasten healing time and reduce pain. Many people can dramatically reduce or eliminate the use of conventional pain killers with correct use of arnica. It is often the 1<sup>st</sup> remedy given in any injury situation. The classic Arnica picture is someone who injures them self, say crashes their bike, and although clearly injured emphatically states “No, really I’m fine.” This not only fits the physical picture, but also the mental emotional state of the classic arnica subject. Arnica can be given years with great effect for a trauma that occurred in the past.

◆**Aconite**- Another one of the most important 1<sup>st</sup> aid remedies, aconite is indicated in any situation involving a shock or a fright. This can be on the physical level or on the mental emotional level. For example, the shock experienced after a car accident or any traumatic injury. It can help relieve the fear and panic that can be locked inside of someone after such an experience. This even goes for someone who witnessed a very traumatic event. Aconite was the single most important remedy for people who experienced significant emotional trauma after the events of September 11<sup>th</sup>. Shock due to physical problems like blood loss, heat stroke or hypothermia are also indications for the remedy. Additionally, for anyone who thinks they are about to die or are experiencing intense fear, aconite will help dramatically.

◆**Ledum**- Ledum is a remedy indicated for several different 1<sup>st</sup> aid situations. A **puncture wound** happens when a sharp object (like a nail, or animal tooth) penetrates the skin. Ledum can help facilitate healing but appropriate medical treatment for such injuries must be sought to avoid conditions like tetanus or rabies.

•Bruises to the ocular region, like a **black eye** is another situation where ledum is indicated.

•Ledum’s last indication involves the **bites from insects** like mosquitoes and other biting bugs and animals.

◆**Staphasagria**- The keynote for this remedy in regards to injury is any cutting wound inflicted by a sharp object. This makes it a premier remedy **for post surgical situations** or accident in the kitchen from a sharp knife. Just remember staphasagria for clean cuts with a sharp knife. It often is alternated with arnica after a surgical situation.

◆**Symphytum**- This remedy is made from the plant comfrey. Comfrey root is an age old remedy **for broken bones** internally and externally for cuts in the skin. However, taking

comfrey root internally over long periods of time can potentially cause damage to the liver. In its homeopathic form comfrey poses no threat to the liver but can have remarkable effects on bone and fracture healing time.

•Symphytum has also been called the “arnica for the eye.” Not like bruises around the eye like ledum, but actual **trauma to the eye**. For example, a corneal abrasion or blunt trauma to the eye like getting poked, would be an indication for symphytum.

◆**Rhus tox**- After a dose of arnica, rhus tox would be the next remedy given **for joint sprains**. It is particularly indicated if the joint feels better after some movement. It can also be given for old sprains that occasionally act up or never fully resolved.

•This remedy is also the number 1 remedy **for poison oak or poison ivy**. Start with a low potency 12x and give several times over the course of a day.

◆**Apis**- This is the homeopathic preparation of the honey bee. Hence following our model of like cures like, this remedy is primarily indicated for **bee stings**.

◆**Cantharis**- The most indicated remedy for all **external burns**.

◆**Silica**- The main principle to remember with this remedy is that it helps the body to **expel foreign objects**. For instance, it is helpful for expelling splinters or a small foreign body lodged in the eye. It may even be helpful for something like an ingrown toenail. Be careful though, sometimes foreign bodies are intentionally placed inside the body for a therapeutic purpose, like a dental implant or screws to support a broken bone. It is not likely that a homeopathic will cause the expulsion of such objects, but it is a possibility if the body strongly wants to reject it anyway.

◆**Hypericum**- This remedy is primarily indicated for helping with **the healing of nerves** and to relieve nerve pain. One classic example is getting ones finger hit by a hammer. The electric shocks of nerve pain felt in that experience sum up the 1<sup>st</sup> aid use of hypericum. Other classic situations would be a blow to the coccyx or spine or nerve pain resulting from a blunt trauma or broken bone.

◆**Glonoinum**- Think of this remedy for **sunstroke** characterized by a throbbing, pulsating headache and mental confusion.

Having these remedies on hand can be very helpful in first aid situations. They are very powerful ways to stimulate the body and facilitate healing in a gentle way. However, all of these homeopathic remedies have other implications besides first aid and to truly understand them in full one must devote many hours of study.