

## Homeopathy

Homeopathy is a system of medicine developed nearly 200 years ago by the German physician Samuel Hahnemann (1755-1843). In 1796 he discovered a different approach to the cure of the sick which he called homeopathy (from the Greek words meaning "similar suffering"). Like Hippocrates two thousand years earlier, he realized that there were two ways of treating ill health: the way of opposites (allopathic) and the way of similars (homeopathic). For example for treating insomnia an allopath would prescribe a sedative that depresses the central nervous system and if used regularly may cause dependence and withdrawal symptoms when discontinued. A homeopath prescriber, on the other hand would give patient a minute dose of a substance which in large doses causes sleeplessness in a healthy person. This will enable the patient to sleep naturally and because it's a very minute dose does not cause dependence or withdrawal symptoms. Thus the basic principle of homeopathy, "like cures like", means substances that produce symptoms when given in large doses can cure illnesses with similar symptoms when given in micro doses.

Homeopathy is a healing modality which assists the natural tendency of the body to heal itself and restore balance. It recognizes that all symptoms of ill health are expressions of disharmony within the whole person and that it is the patient who needs treatment, not the disease. Homeopathy has no known side effects. However, in some cases, during the course of treatment, existing symptoms may be aggravated, new symptoms may appear, or old symptoms may resurface as the body tries to heal all symptoms in response to the remedy given.

Homeopathic remedies are derived from raw, natural resources, generally from the animal, vegetable or mineral kingdoms. They are classified into different levels of potencies X, C, M, and LM referring to 10, 100, 1000 and 50,000 respectively in terms of the amount of dilution. The more a tincture is diluted, the more potent it becomes. So, while a C is more dilute than an X, the C is more potent; and an M is more potent than a C potency and so on. This process of dilution is called potentisation which involves a sequence of progressive dilution and a rhythmic shaking, termed succussion. All dilutions are derived from a mother tincture which is a solution of the source substance and alcohol. A mother tincture is either a 1x or a 2x (1c) potency. A 1x potency is created by mixing 1 part of the mother tincture and 9 parts alcohol or distilled water. 1 part of 1x in 9 part of alcohol or distilled water makes 2x and so on. With C level, 1 part of mother tincture is mixed with 99 part of alcohol or distilled water to yield 1c. As a general rule doubling the C potency number will give the equivalent X potency. 15c = 30x and 6c = 12x. A 1M dilution is 1 part of mother tincture to 999 part of alcohol or distilled water. To sum up  $x = 1/10$ ,  $c = 1/100$ ,  $M = 1/1000$ , and  $LM = 1/50,000$ . You will also encounter CH and CK, these are equivalent to C. The H and K merely indicate the dilution method used. H indicates that the medicine was prepared according to the Hahnemann method and K according to Korsakovian Method. The Hahnemannian method uses 1 part of the homeopathic potency to 99 parts of alcohol in a new flask and

succussed to make the next higher potency on the Centesimal scale. The Korsakovian method is simpler and quicker and often employed to produce the higher potencies of 200C and above. In the Korsakovian method the same container is used for each succession of the dilution step.

Homeopathy can be used to treat acute and chronic conditions such as cold and flu; musculoskeletal conditions, mental issues, etc

If you like to learn more about homeopathy, you may want to refer to some great websites such as <http://hpathy.com> and <http://abchomeopathy.com>.