

HOMOEOPATHY

-: THE METHOD OF GENTLE HEALING:-



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INTRODUCTION

Homoeopathy is the popular system of medicine based on the pivot law "Similia Similibus Curentur" that means similar suffering is treated by similar kind of therapeutic agents. Homoeopathy was discovered by a German physician, Dr. Christian Fredrick Samuel Hahnemann in the 18th century.¹ The concept 'Law of Similars' was also observed by Hippocrates and Paracelsus before Samuel Hahnemann, but Dr. Hahnemann established it scientifically although he lived in a time when modern laboratory methods were almost unknown.²

The word HOMOEOPATHY is derived from the Greek word 'HOMEOS' means similar & 'PATHOS' means suffering. Homoeopathy is the treatment method for treating the sick person by therapeutic agents that have the power to produce similar symptoms in healthy human beings and simulate the natural disease, which is capable of bringing cure in the diseased person.

In homoeopathy we follow the "INDIVIDUALISTIC" & "HOLISTIC" approach that simply means pain in the right eye; pain on the left side of head or pain in the abdomen is not the disease, it is the outcome of a diseased body. We think a person as a whole is sick; that's why those symptoms are produced. So we treat not only the symptoms but also treat the patient as a whole. Hence in this universe, each person is different as genetic structure and expression are different, so how could it be possible that the same medicines are given to different patients for identical sufferings. So, we believe each patient is unique & they need to treat differently from each other, and that is the individualistic approach.¹

Homoeopathic medicines are prepared from different sources like plants, animals, minerals & other natural substances. With the help of dynamization and potentization, we increase the inner medicinal power of inert substances and reduce the toxicity and material properties of the inert substance. Then medicines are proved on healthy human beings to ascertain the curative power of every particular medicine, which later written down in book form. During treatment, we use those symptoms for finding a suitable medicine for the diseased person.¹

Homoeopathic medicine stimulates the entire defense mechanism of disease persons to counter the disease conditions in a natural way. It rectifies the diseased person's derangement by producing artificial disease conditions similar to the existing disease conditions in patient.²

As the popularity of homoeopathy treatment grows worldwide, it has become inevitable to establish this science on the basis of scientific evidence. Clinical trials have been published in indexed journals showing the effectiveness of homoeopathy, along with systematic reviews and meta-analysis. Research organizations worldwide are focusing on building the evidence base for Homoeopathy.³

HOMOEOPATHY IN INDIA

India has a population of over one billion and is an emerging economic global power. The country shows a wide variation in per capita income and purchasing parity, impacting income, expenditure, and social stratification. The collective orientation of the society reflects itself in the National Health Policy of India and also underlines the governmental patronage to modern as well as the Indian systems of Medicines and Homoeopathy.⁴

It is more than a century that homoeopathy is being practiced in India. It has been well established as a significant part of India's health care system and plays an essential role in providing health care to a large number of people as an alternative medicine.³

Homoeopathy is considered the second largest system of medicine used in India and the world. As per the analysis done by the Ministry of AYUSH, the use of homoeopathy is steadily growing in India and, with an annual growth rate of 26.3% in the past year, the highest among the other AYUSH modalities. In India, for medical care, Homoeopathy leads as the second position, and over 100 million people depend on homeopathy for their medical care.⁵

GLOBAL SCENARIO OF HOMOEOPATHY

Several surveys suggest many people integrate, use, and value homoeopathy as a complementary treatment option.³ Worldwide, over 200 million people use homeopathy on a regular basis. Homoeopathy is currently practiced in over 80 countries. It has legal recognition as an individual system of medicine in 42 countries and is recognized as a part of complementary and alternative medicine in 28 countries.⁶ WHO considers homeopathy, as one of the most commonly used forms of Traditional & Complementary Medicine⁷ and fastest-growing and second-most widely used system of medicine in the world.⁵

THERAPEUTIC APPROACHES

Homoeopathy emphasized on an accurate, unprejudiced observation on the basis of scientific clinical investigation of disease and the patient as a whole. It focuses on observing the patient as an individual instead of the disease, stressing the characteristic features of the patient that distinguish one patient from another patient suffering from the same disease. Homoeopathy also emphasizes inquiring past illnesses and the medical history of the family to obtain information from the standpoint of familial and hereditary predispositions to a particular disease. A homoeopathic physician also evaluate carefully the mental state, as well as emotional aspects and even try for recognition of unfavorable environmental factors and pay special attention to factors which aggravate or ameliorate the troubles of the patient.¹

Homoeopathy offers opportunities in the curative management of psychotic, psychoneurotic, and psychosomatic disorders. Many chronic diseases have a constitutional basis playing an essential role in facilitating their occurrence and continuation, in this case, a well-selected constitutional remedy affects them favorably.⁴

APPROACH TO EPIDEMIC DISEASE

Approach to epidemic diseases with homoeopathic intervention to the identification of *GENUS EPIDEMICUS*, which could be used as a prophylactic and increase immunity and be used as a therapeutic for the epidemics. *GENUS EPIDEMICUS* is a homoeopathic remedy selected on the basis of collected symptoms of patients suffering from the same outbreaks similar to a large number of patients suffering from that particular epidemic. As the strains of causative organisms change over a period of time, there are some variations in the symptomatology. Therefore, in Homoeopathy, *GENUS EPIDEMICUS* needs to be identified each time epidemic outbreaks occur, making it more reliable to prevent the disease.

SCOPE & ADVANTAGES

Scope:

Homoeopathy has been used as a therapeutic measure over the year in different diseased conditions such as Musculoskeletal Disorders, Paediatrics Complaints, Chronic Dermatological problems, Auto-Immune Disease Conditions, Psychosomatic Disorders, Life Style Disorders, Allergic Conditions, etc. Homoeopathy is also used as palliative care in conditions like Cancer, Terminal illnesses, HIV/AIDS, etc., for providing palliative care and improvement in the patient's quality of life.

Clinical research studies show evidence of homoeopathy being effective in several clinical conditions such as Attention Deficit Hyperactivity Disorder, Autism, Acute Otitis Media Behavioral Disorders, Benign Prostatic Hyperplasia, Cervical Spondylosis, Chronic Sinusitis, Chronic Obstructive Pulmonary Diseases, Preclinical Hypothyroidism, Japanese Encephalitis, Learning Disabilities, Menopausal Complaints, Ovarian Cysts, Scabies, Upper Respiratory Tract Infections, Urolithiasis, Warts, Withdrawal of Drug Substances etc.⁸

Some studies conducted through randomized control trials and meta-analyses in conditions such as Diarrhoea in Children, Respiratory Tract Infections in Children, Attention Deficit Hyperactivity Disorder, Hay Fever, musculoskeletal Diseases, Osteoarthritis, Premenstrual Syndrome, Rhinopharyngitis, Rheumatoid Arthritis, Respiratory Allergies, etc. have generated evidence towards homoeopathy and established that homoeopathy has a satisfactory role to annihilates these complicated disease conditions.⁹

Although certain limitations are there in homoeopathic treatment methods, "with a compelling indication for Surgery and Substitution Therapy or with Advance Pathologies, where regulative therapy is no longer sufficient. In such cases, it can be used, at best, for palliative alleviation".⁴

Advantages:⁴

- ❖ Homoeopathic medicines are safe, effective, and is based upon the natural substances. With the use of simple substances in minimum doses, it can be safely used for pregnant women and lactating mothers, infants, and children and in the geriatric population with minimum toxicological properties.
- ❖ Instead of having a direct action on the microorganisms, homoeopathic medications act on the human system (self-protective) to fight the disease process. As such, no microbial resistance is known to develop against homoeopathic drugs.
- ❖ The mode of administration of medicines is easy. There are no invasive methods, and medicines are highly palatable, thereby enhancing their acceptability.
- ❖ The individualized treatment approach is incompatible with the increasing need for customized treatment, which is being realized in the modern era.
- ❖ Treatment is comparatively more cost-effective than other therapeutic systems.

CONCLUSION

The above discussion on the HOMOEOPATHY and its detailed therapeutic aspect shows that homoeopathy is a safe, gentle, and natural system of healing in the health care system of India. Homoeopathy medicines are very much affordable and are made from a natural substance. It is not only useful in chronic deep-rooted and complicated non- surgical diseases but also it greatly helps in treating acute, even sever acute disease condition as well. In modern-day scenarios, it is a beneficial therapeutic and preventive aid for lifestyle disorders. Homeopathy is curative and can be used for preventive, promotive, and palliative purposes, and it is based upon rehabilitative aspects of the healthcare system. So, in a nutshell, HOMOEOPATHY, being a cost-effective, affordable, safe & effective treatment procedure, is one of the best choice of alternative therapy.

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