

<i>Lesson Topic</i>	<i>Panos/Heimlich</i>	<i>Cummings/Ullman</i>	<i>Cummings/Ullman [new edition]</i>
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## BEGINNER'S CLASS

### LESSION #1: INTRODUCTION TO HOMEOPATHY

Be sure to familiarize yourself with the information in *Everybody's Guide* on "Understand Homeopathic Medicine" (pages xi – 50 [xiii – 42]); and in *Homeopathic Medicine at Home* pages (5- 48).

#### DEFINITIONS OF TERMS

**Vital Force:** "The concept of vital force, an age-old belief in the body's guiding intelligence, instills an attitude for humility in the homeopathic physician. We accept the face we cannot comprehend all the marvelous and complex workings of the body and aim to assist it as best we can" (Panos) The vital force is that part of ourselves that seeks and promotes life and health. It includes our resistance to illness, and our ability to heal when we are ill. Some people think of it as our energy level. IT is not something we have the tools to measure yet. Good homeopathic treatment seems to enhance an individual's vital force.

**Health:** (from *Everybody's Guide to Homeopathic Medicines* by Cummings and Ullman)  
"Homeopaths define health as a state of freedom existing on three interrelated levels. The physical, the emotional, and the mental. A healthy person experiences physical vitality and freedom from physiological malfunction, emotional peace and freedom of expression, and mental clarity with creativity. The most serious symptoms affect the deeper, more vital parts of the person. Evaluation of our overall state of health, according to the homeopath, depends more on our mental state, next our emotional state, and third on our physical state"

**Symptoms:** The homeopath sees that the body, through the activity of vital force, is always working to keep itself health and in balance. When the body is threatened (by bacteria, viruses, trauma, etc.) the vital force causes the body to produce symptoms such as pain, fatigue, mucus, and fever. These symptoms have a purpose: to restore health and balance. For example, pain is a warning that something is wrong. Fever stimulates the immune system and deactivates many viruses and bacteria. Mucus surrounds and carries off irritating material. Fatigue causes a person to rest. A homeopath considers symptoms to be the body's healthy and appropriate reaction to harmful forces. Standard medicine regards symptoms as manifestations of disease, which should be opposed or suppressed. For example, aspirin is given to lower fever and reduce pain, and antihistamines are given to dry up mucus. The homeopath seeks to support the individual's vital force to move toward health and balance, using the symptoms the individual produces as a guide to the selection of the correct remedy. "We treat the patient according to the symptoms, not according to the disease." (Panos)

"The homeopathic definition of the term 'symptoms' encompasses the physical and psychological, the obvious and subtle, the common and the unusual. Even if the person has a main symptom that is causing much discomfort, the homeopath must also assess

all other physical and psychological symptoms. Characteristic emotional states, changes in the person's energy level, sensitivity to heat or cold, and numerous other factors must be considered."

"The assumption is that no matter what combination of conditions, complaints, and sufferings a patient experiences at any one time, all are the manifestation of a single 'disease', an internal physiological disorder that is unique to the individual. The homeopath believes that no one organ of the body can be sick without affecting the person as a whole. Therefore, all symptoms must be taken into account; all are part of the body's effort to heal. It is crucial to understand that, in spite of the homeopath's desire to know all the minute details of the patient's symptoms, he or she does not treat symptoms. Instead the symptoms guide the homeopath to the medicine that can best stimulate the person's defenses." (Cummings and Ullman)

**Acute/Chronic Disease:** An acute illness is one that is self-limiting. The individual with an acute illness will either recover and regain health or will die. A chronic disease is one that causes the individual limitations, but neither kills nor completely goes away. A cold is considered an acute illness, and allergies are considered to be a chronic disease. An ankle sprain is an acute problem, and arthritis is a chronic disorder.

In chronic disease, the body continues to try to restore itself to health. Chronic disorders can be cumulative and changeable. For example, chronic eczema can progress into asthma. As healing occurs in chronic disease, we can sometimes see the "return" of old disorders. We may see eczema develop as a person's asthma symptoms clear.

Using homeopathy in chronic disease can be very complicated and requires a high level of competence in homeopathy, as well as a solid background in medicine. The ASG program of the National Center for Homeopathy is designed to teach the use of homeopathy for home care in acute illnesses and disorders. To this end, we have included in this manual some guidelines to help you decide when the problem you are addressing is or may be beyond the reasonable scope of home care, or when you may need the assistance of a health care professional. Under no circumstances do we encourage ASG members to select remedies for people other than themselves or their family, prescribe remedies, or in any way engage in illegal practice of medicine.

### **Basic Theories of Homeopathy:**

A. The Law of Similars: "*Similia Similibus Curentur*", let likes be cured with likes.

Any substance that can cause symptoms when given to healthy people can help those who are experiencing similar symptoms. (See Cummings and Ullman, p8 [4]).

B. Potentization: Homeopathy's pharmaceutical process.

Substances are potentized by serially diluting them and succussin (vigorously shaking) them with each dilution. For example, “X” potencies are diluted with 1 part of the original substance to 9 parts of water or alcohol, and “C” potencies are diluted with one part of the original to 99 parts of water or alcohol. A 6X remedy has been diluted 1 part to a 9 total of 6 times (1 part per million). A 200C potency has been diluted one part to 99 a total of 200 times.

“Homeopaths have found that generally the more a substance is potentized, the deeper it acts, the longer it acts, and the fewer number of doses are required in treatment. Although the higher potencies – those that have been diluted and shaken more – are generally more powerful than the lower potencies, all have a place in clinical practice. Since the higher potencies are particularly powerful, they must be used very judiciously. Homeopaths recommend that laypeople and beginning students of homeopathy not prescribe potencies higher than 30C.” (Cummings and Ullman)”

C. Hering’s Law (See Cummings and Ullman, pages 12 – 20 [12-14]):

Constantine Hering, a German homeopath who emigrated to the U.S. in the 1830s, observed that healing occurs in a consistent pattern. He described this pattern in the form of three basic laws which homeopaths can use to recognize that healing is occurring. This pattern has been recognized by acupuncturists for hundreds of years and is also used by practitioners of herbalism and other healing disciplines.

“According to the first of Hering’s laws, healing progresses from the deepest part of the organism – the mental and emotional levels and the vital organs – to the external parts, such as the skin and extremities.”

“Hering’s second law states that, as healing progresses, symptoms appear and disappear in the reverse of their original chronological order of appearance. Homeopaths have consistently observed that their patients re-experience symptoms from past conditions.”

“According to Hering’s third law, healing progresses from the upper to the lower parts of the body. For instance, a person is considered to be on the mend if the arthritic pain in his neck has decrease although he now has pain in his finger joints.”

“As the symptoms change in accordance with Hering’s Laws, it is common for individual symptoms to become worse than they had been before treatment. These aggravations are welcomes by the experienced homeopath, providing there is corresponding improvement in the symptoms on deeper levels, of more recent onset, and higher on the body. If healing is truly in progress, the patient feels

stronger and generally better in spite of aggravation. Before long, the symptoms of the aggravation pass and leave the person healthier on all levels”

**Provings:** A proving is the procedure for giving doses of a substance to healthy people with the objective of determining the symptoms the substance causes, and thus what symptoms it may have the capacity to cure when given in potentized dose. Participants in proving keep records of their symptoms, and the symptom picture of the remedy is developed from these observations.

**Repertory:** The repertory is a reference book which contains extensive lists of symptoms and the remedies that have been found helpful for that symptom. The homeopath uses the repertory to determine which remedies may be helpful for the symptoms he or she is addressing. Repertories also provide information about the relative usefulness of a remedy for a particular symptom by using different type faces for the remedies listed. The codes differ between repertories. The most commonly used repertory in the U.S. is Kent’s Repertory. Repertorization, or the use of the repertory, is one facet of homeopathy that has been enhanced by the computer, and there are several computer repertories available.

**Materia Medica:** “Materia Medica” is a Latin phrase which means “materials of medicines.” Homeopathic *materia medicas* are reference books which list the substance used in homeopathy along with detailed indications for their application. The information in *materia medica* is compiled from provings and clinical observation.

**Constitution:** “The overall health of the person as determined by his/her heredity, life history, lifestyle, environment, and past treatments” (Cummings and Ullman). Homeopathic constitutional treatment involved a careful assessment of a person’s constitution and current total symptomatology and then the selection of a remedy to stimulate the person’s inner healing on the deepest level. Since constitutional treatment requires an in-depth view of the individual from a broad perspective, it is general considered unwise to prescribe for oneself on a constitutional level. Remember the old saying: “He who doctors himself has a fool for a physician.”

**Allopathy:** “The homeopathic term for conventional medicine. ‘Allos’ in Greek means ‘other than’ or ‘different from’ and ‘pathy’ means ‘disease’ or ‘suffering.’ Allopathic medicine refers to the practice of prescribing pharmaceuticals that are chosen simply because they diminish symptoms, often because they are antagonistic to the disease process.” (Cummings and Ullman)

## **SELECTING A REMEDY**

The main goal in choosing a remedy is to match the symptoms the person is experiencing with the symptoms the remedy would stimulate if given to a healthy person. In homeopathy we call

this “finding the simillimum”. We look at the totality of the symptoms, not just the main symptom(s). The key to remedy selection is careful observation of the small differences that distinguish one person’s experience of a problem from what someone else might experience.

For example: Janet and Joe were both exposed to a virus on the same day. Within two days Janet was burning with heat, had a red face, wide pupils, burning throat and a headache that pounded with each heartbeat. She felt worse whenever she moved, and was very irritated by noise. Joe slowly became ill over the span of a week, and had a pale face, scratchy throat, low fever, dull headache, was chilly and his eyelids drooped. He felt better when he jiggled his foot, and worse when he thought about how sick he felt. Janet needed Belladonna, and Joe needed Gelsemium. They both reacted to the same virus by developing a headache and a sore throat, but their responses were not the same. By observing all their symptoms and getting specific information about their headaches and sore throats, we had the information we need to select the correct remedies.

In remedy selection, careful and methodical observation provides the clearest and most useful information. Consider each symptom from four aspects; *sensation, location, modality and concomitants*. In the example above, Janet’s sensation about her sore throat was that it was burning. Joe’s sensation was that it was scratchy. Both felt the pain in their throats, so the location was the same. Modality refers to whatever makes the problem better or worse. This can be position of the body, time of day, drinking cold or hot liquids, thinking about the problem, etc., and includes what seemed to bring on the problem (like getting chilled). It does not include aspirin or other commonly used medications but does not include application of heat or cold. In the example of Janet and Joe, Janet was worse from motion and noise, and Joe was better from motion and worse from thinking of his ailments. Concomitants are symptoms that go along with the main problem. An example of a concomitant symptom is red eyes that develop when a person has a headache. It is a symptom that only appears in relation to something else, and does not have its own sensation, location, modalities and concomitants. When beginning to use homeopathy it is most helpful to write down each symptom and next to it list the information about sensation, location, modality, and concomitants. When you have discovered these four aspects of several symptoms, you will probably have enough information to correctly select a remedy.

To avoid missing important information, it is very helpful to use a system when questioning someone about their illness. An easy system to use is to image the entire body and ask questions from top to bottom and inside out. For example, ask first about symptoms in the head (headache, eyes, nose, mouth, ears, face), then throat, then chest, abdomen, back, etc. After questions from top to bottom ask about bones, muscles, skin, etc. Remember questions about how the person feels in general, such as “I feel achy all over” or “I feel chilly”. An easy system to use is to follow the rubrics in Boericke’s Materia Medica or Kent’s Repertory.

When questioning someone about their symptoms be careful to avoid leading them into specific answers, especially if you suspect that a particular remedy may be needed. It is quite possible to unwittingly lead someone to answer in a way that will confirm what you want to

hear, and end up with the wrong remedy. For example, in questioning Janet it would be wiser to ask “How does your throat feel?” instead of “Does your throat burn?” You will get much more accurate information with the more open question. If you must ask a specific question, you can provide several alternatives for the person to choose from. For example, you might ask Janet “Does your throat ache, burn, or tickle?” This question will encourage her to provide you with more information than you can receive with a “yes” or “no” answer, and you will avoid leading her to a specific answer and possibly the wrong remedy. Be sure to let the person talk freely. Often they will tell us exactly what is wrong if we simply let them tell us. In addition, be sure to look with your own eyes and note what you see. The person doesn’t need to tell you that they have a red face—you will be able to see it.

After noting the information about all the person’s symptoms, we correlate the symptoms of the person with the remedy pictures to find the closest match. In doing this we use a hierarchy of symptoms, giving more consideration to symptoms with the most clarity and volume. For instance, if a person emphatically says “It’s a burning pain right there!”, that symptom has more clarity than other symptoms the person might have. If the person describes a symptom more than once, it has more volume than other symptoms. It is more important that these symptoms with the most clarity and volume be in the remedy picture than other symptoms of less importance. Systemic symptoms are also given more weight than other symptoms. Systemic symptoms are symptoms that involve the whole person, i.e. “I feel chilly and weepy”. These symptoms can be physical, emotional and/or mental.

Symptoms that are unusual can be very helpful leads to the simillimum. For instance, a person with burning abdominal pains who feels better when hot water is placed on the abdomen is exhibiting a symptom that is different than you might expect. Symptoms that are strange, rare and peculiar can be especially helpful—especially if the symptom has lots of clarity and/or volume. Often these symptoms are found under only one remedy, which makes finding the simillimum easy. For example, a sensation as if hot air is streaming out of the eyes is found only under the remedy *Kreosotum*. Be careful with these symptoms, though. You must be sure that the totality of the symptom fits the *Kreosotum* picture before using it, and avoid selecting a remedy based on only one symptom.

Finding the simillimum is achieved through careful observation, open questioning and systematic thinking. By using these techniques every time you choose a remedy, you will find that remedy selection becomes easier and easier. The adage “practice makes perfect” applies here.

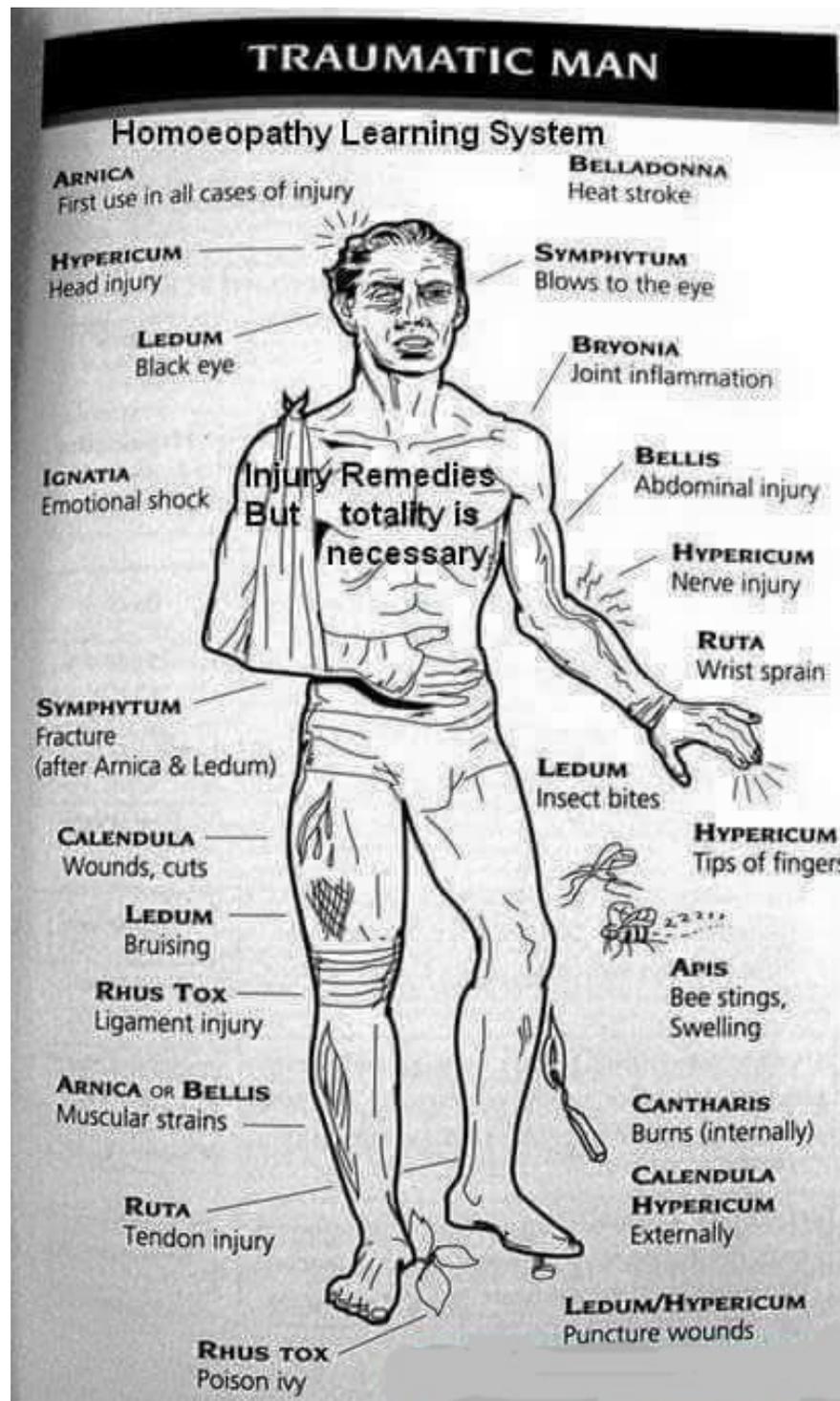
## **TISSUE CELL SALTS, BACH FLOWER ESSENCES, etc.**

During the late 19<sup>th</sup> and early 20<sup>th</sup> centuries, several homeopaths took their homeopathic experience a few steps further. For example, Dr. Schussler devoted himself to studying the 12 most common minerals in the human body; today they are called “tissue cell salts” or “Schussler’s Cell Salts”. More information can be found in his books (available at homeopathic

bookstores) and in Miranda Castro's article for *Homeopathy Today* (Feb 2008) found at [www.homeopathycenter.org/articles](http://www.homeopathycenter.org/articles).

Dr. Edward Bach devoted himself to the 38 most common flowers in England: Flower Essences are significantly different from homeopathy, but many practitioners use them also.

Tissue Cell Salts, Flower Essences, and other products can be successfully used by beginners for self-limiting conditions. They might or might not interfere with constitutional treatment; when in doubt, you should always check with your practitioner.



## Notes