

Homoeotherapy *Template*

*Philosophy, Definitions and Therapeutic
Schools*



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Introduction

Market research conducted mainly within the European Union countries indicates that a significant segment of the population use CAM Therapies (Complementary and Alternative) and that they are agreeable to treatment by such methods.¹ Homoeopathy, one therapy within CAM, has gained ever-increasing significance in recent decades as consumers and patients are becoming increasingly aware of and concerned about the risks and side-effects of conventional medicines. Over 100 million European citizens are aware of homoeopathy and 29% use it for healthcare.² The pharmaceutical quality of homoeopathic medicines is governed by official homeopathic pharmacopoeias of certain EU member states, the European Pharmacopoeia and the HPUS. The legal framework governing homeopathy has been set out in European Directives 2001/83/EC and 2004/27. This classifies homeopathic products (traditionally referred to as remedies) as medicines. Consequently, they are subject to all relevant quality and safety requirements like the Good Manufacturing Practice (GMP) which apply to all pharmaceutical products.

Homoeopathic practice has evolved over the past 200 years in line with new innovations and knowledge generated in clinical practice. In addition, its scope has extended to include other complementary therapies as part of overall homoeopathic practice. For this expanded practice, the term **Homoeotherapy** is used as it more accurately reflects the overall needs and objectives of the patient or client (nutritional and spiritual) as well as the skills of the doctor and practitioner.

This article aims at providing the student and potential users with technical definitions and provides an overview on the individual *philosophies and schools of thought* which come under the umbrella of homeotherapy. However, we will firstly look at some data on the ever-increasing consumer and patient interest.

Growth in use of homoeotherapy

Over the 20 year period up to 2015, growth in the sale of homoeopathic medicinal products in the EU has grown on average by 6% per annum.³ Whilst all Member States have shown growth, the level of use varies considerably from one to another, a factor resulting from tradition and healthcare practices in various countries in Europe. Word-of-mouth suggestions from family and friends, followed by recommendations from a professional were found to be the best sources of information on the use and effectiveness of homoeopathy.

The following are some examples of the use and popularity of homoeopathy in European countries.

Germany: 94% of the population are aware of homoeopathy and 60% use it.³

Italy: 82% have heard of it, 35% have a positive attitude toward it and 16% of citizens use it at least once per year.³ Providers in Tuscany have integrated cancer care services incorporating conventional treatments, homoeopathy and other CAM therapies⁴

Spain: 33% of the population have used homoeopathy and 27% of those use it regularly. Of the users, 8 out of 10 people are very satisfied with the outcome.³

Austria: 50% of Austrians have used homoeopathic medicines. Of these, 62% are women and 37% men. Approximately 60% of Austrian families with school-age children use homoeopathy.³

Belgium: Some 69% of Belgian households use homoeopathic medicine, up from 50% in 2001, which is a very positive trend.³

France: 77% of French people trust homoeopathy and 56% have used it with 36% using it on a regular basis. CAM therapies are regularly used in cancer treatments of which homoeopathy is the lead therapy. Some 400,000 French cancer patients are currently using homoeopathic as part of their treatment.⁵

United Kingdom: Research carried out in 2015 states that 80% of people are aware of homoeopathy and 79% are open to it. However only 15% have used it regularly. Lack of information and understanding were stated as the greatest barriers to use.⁶

Switzerland: A report on CAM stated that 50% of the population valued CAM and wanted it as part of the NHS. Of cancer patients, 40% found CAM effective and want it provided in hospitals. National Health Insurance reimbursement is now available for top CAM therapies including homoeopathy, herbal medicine and acupuncture.⁷

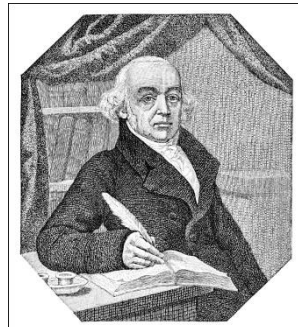
Women account for the greater share of demand, as high as 90% in countries like Spain, UK and Ireland. In the more traditional markets it is more like 60% women and 40% men who utilise homoeopathy. Age groups vary, but it is typically the 30 to 50 year olds, better educated and in the higher income brackets. The fact that CAM Therapies are not State-supported or covered by Health Insurance eliminates many members of the public from the user groups.

Safety and the absence of adverse side effects accounts for an increasing number of people choosing homoeopathy. This feature is particularly strong among young mothers as they strive to provide protection for their children. Effectiveness is cited by many for their choice. Another reason is greater public awareness of the declining effectiveness of antibiotics and the search for alternatives. Experienced doctors are now recommending homoeopathy as a suitable alternative for antibiotics.⁸

Definition of Homoeopathy

In the early 19th century, physician, pharmacist and scientist Dr. Samuel Hahnemann (1755-1843) discovered an extraordinary form of medicinal therapy which he named **homoeopathy**.

Homoeopathy is a system of medical practice aimed at methodologically improving the level of health of an organism by the administration of potentised medicines, which are selected in accordance with the Law of Similars.



This therapy activates the body's innate self-healing powers in a unique manner through stimulation and regulation. Since Hahnemann's time, the use of homeopathic preparations has continued to develop in a variety of directions. Various schools are known today under the umbrella of **Homoeotherapy**, varying from classical, unicast and pluralistic schools of homoeopathy, to other schools of therapy, encompassing clinical homoeopathy, combination product homoeopathy, antihomotoxic therapy, anthroposophic medicine, biochemical therapy, spagyric therapy and there have been other innovators. These therapeutic schools all have a definite philosophical viewpoint but differ somewhat in their stance and conceptual framework of health and illness. As a result, the method of preparation of medicines vary. Over time, remedy selection methods have changed owing to therapeutic and technological advances such as the emergence of kinesiology and bio-resonance therapies. In turn we have a variety of traditional therapies used in tandem with homoeopathy such as naturopathy, nutrition, herbal therapy, flower therapy and acupuncture. Psychotherapy, addressing emotional, social and mental health concerns, is also developing a specific integration for natural remedies aimed at resolving and alleviating emotional disturbance.

Manufacture of Homoeopathic Medicines

The European Medicines Directive, 2001/93 defines a homeopathic medicinal product as:

"Any medicinal product prepared from products, substances or compositions called homeopathic stocks in accordance with a homeopathic manufacturing procedure described by the European Pharmacopoeia or, in absence thereof, by the pharmacopoeias currently used officially in the Member States". A homeopathic medicinal product may also contain a number of principles."

A feature of all homeopathic medications is that they are produced from a variety of source materials, to become what is known as a **mother tincture**. From the mother tincture, the solution is processed to give what is referred to as **homoeopathic stocks**. During his research, Hahnemann experimented with dilution of medicating substances of his time so as to establish at what level of dilution he could still achieve a clinical outcome. As he diluted he gave each mixture a shaking. Over time he found that the more he diluted, the more effective the resulting medicine. It was a combination of the dilution and shaking which yielded the

results. Dr. Hahnemann developed a mathematical formula, *serial dilution*, combined with a shaking process, which he described as *dynamisation* (now known as *succussion*) which became the basis of homoeopathy. The outcome was contrary to anything known at that time.

Today, homoeopathic medicines are made in accordance with the Decimal Scale, 1;10 ratio, or the Centesimal Scale, 1;20 ratio. Some products are made in very high dilutions like 1;50000. Finished medicinal products are available in Liquid, Tablet, or Globuli with specified labelling which must be complied with.

Source Materials for Homoeopathy

The general requirements for the various classifications of raw materials are stipulated within the homeopathic pharmacopoeias. In summary, because of the unique form of manufacture, homoeopathy offers a multitude of materials to provide their individual characteristics for health and healing. The following provides a brief description of the most important source-material categories, given below.



Plant materials are the most widely used sources which can be root, stem, leaf, fruit or whole plant depending on the purpose. The plants utilised must be free of any visible diseased, rotten, withered or decomposed portions. Requirements as to species and time of harvest must be fulfilled.

Animal species, entire animals – primarily lower animals such as insects – or parts of animals, or secretions are used. The animals must be healthy and processing must meet satisfactory hygienic conditions. All applicable laws in the area of animal protection are observed.

Sarcodes are derived from healthy organs, tissues and metabolic factors of animals, usually, bovine, ovine or porcine sources. Animal husbandry is paramount, progeny, health and welfare, inspection records and veterinary-controlled conditions for slaughter. Organs are processed either immediately after slaughter or in certain cases in a freeze-dried state. Processing is in accordance with medicinal product GMP.

Nosodes are homeopathic preparations of organic material derived from inactivated disease products or cultures of micro-organisms, bacteria, fungi and viruses, parasites, or infected or pathologically-changed material or decomposition products from animals or humans. Again the unique feature of homoeopathic manufacturing methods make these materials safe for use. The emphasis on medicinal product safety in recent decades, combined with the specifications in the European Pharmacopoeia, has meant that all materials and processes had to undergo scientific testing and evaluation so as to confirm safety for use. The scientific results have been published.

Nutrients are also an important source material such as vitamins, minerals, amino acids, mineral salts and many food chain commodities.

Crystals and natural rock formations are source materials for medications for specific applications.

Chemical substances have in recent decades become an important source of source materials, such as herbicides, pesticides, medications, hormones, food additives, colorants, and flavour and shelf-life enhancers.

Heavy metals as source materials play an important part in homoeopathic preparation so as to provide antidotes for the adverse health issues that occur from materials such as mercury and lead.



Quality of Homoeopathic Medicines

Homoeopathic preparations are evaluated by means of their **Quality, Safety** and **Effectiveness**. Once those qualifications are met, homoeopathic preparations pose no toxicological risk. Factors which influence the quality of a homeopathic medicinal product are:

- Identification and precise definition of source material, execution of each production-step as stipulated in the official or authorised homeopathic pharmacopoeia, in-process controls, testing of the final product, verification of the stability of end product and the selection of appropriate packaging
- All manufacturers of homeopathic medicinal products are obliged to comply with the requirements of Medicinal Product GMP.

In contrast to conventional pharmaceuticals, it is frequently impossible to perform a qualitative and/or quantitative analysis of the active constituents present in the final pharmaceutical product of a homeopathic preparation. Therefore the homeopathic manufacturer is required to validate each manufacturing procedure in addition to providing exact documentation of the results of examinations such as in-process controls and stability control.

Homoeopathic drug provings, gained over almost 200 years, constitute a wealth of experience and provide a comprehensive knowledge of the clinical effectiveness of homeopathic medicinal products. Homoeopathic medicines are selected in accordance with the concepts, insights, and experience gained in each individual therapeutic school.

The procedures commonly used today in clinical research of pharmaceutical products, for example - randomised clinical studies, are applicable to homeopathic medication only to a limited degree. Proof of the efficacy of a homeopathic single remedy and/or combination preparations can be documented through methods such as single case studies and observational studies.

Therapeutic Schools of Homoeotherapy

CLASSICAL HOMOEOPATHY

In classical homoeopathy, medications are chosen strictly in accordance with the **Law of Similars** as developed by Samuel Hahnemann in 1790s. The Law of Similars is applied by comparing the symptom complex of each medication with the symptom complex of the individual. Selection of the correct homoeopathic remedy, i.e. that which achieves the greatest possible similarity between the symptom picture of the medication and the symptoms of the patient, is essential for therapeutic success.⁹ The principles underlying classical practice can be described under 3 essential principles.

- The therapeutic profile of each homeopathic medication is based on the homeopathic drug-proving which is conducted on healthy subjects. During a homeopathic proving, the medicinally-active substance is administered to healthy people for a predetermined period of time. The symptoms which occur in all subjects are recorded and systematically compiled. This data forms the basis of what is described as “*drug proving*”.
- The second fundamental rule of classical homeopathy calls for a precise determination of the unique constellation of symptoms presented by each individual person. A detailed case history must take into consideration all physical, mental and emotional symptoms. For this purpose, the physician lists meticulously the patient’s individual, peculiar and unusual symptoms and develops a constitutional picture of the patient. The objective of this procedure which focuses on the human person as a whole is to reach not only a precise clinical diagnosis, but also the selection of the correct medication in compliance with the Law of Similars.
- The minimum dose in each case should be administered after the physician takes the case and selects the remedy again based on The Law of Similars. Hahnemann’s followers have recorded him as being quite emphatic on this issue so we could regard it as the third essential principle.

CLINICAL HOMOEOPATHY

In clinical homoeopathy, the selection of the medication is based on the chief clinical symptoms of the illness to be treated. This method of selection has often been described as an “abridged method” of selecting the medicine which is frequently employed in cases of acute illness¹³. Here, the ‘Similar’ concept relates above all to the local and/or acute syndromes displayed by the patient. In clinical homeopathy, constitutional characteristics play only a minor role in the choice of the remedy. Over many years, the consolidated experiences of numerous homeopathic physicians have made prescribing on the basis of *reliable indications* an established practice in treatment of certain clinical pictures.

COMBINATION PRODUCT HOMOEOPATHY



Homoeopathic combination preparations are mixtures of two or more reliable homoeopathic agents, in other words, single remedies. The formulae for the combined preparations are based on the clinical experiences of therapists who actively practice homoeopathy. Each combination is composed so as to induce the individual active agents to target the corresponding illness with combined or synergistic force. Homeopathic combination-preparations have an extensive range of action and are consequently appropriate for treatment of numerous common illnesses

ANTIOMOTOXIC THERAPY AND HOMOTOXICOLOGY

Dr. Hans Heinrich Reckeweg (1905-1985) in his dissertation of 1955, "The Problems of Treating Homotoxicosis"¹⁰, provided the scientific fundamentals for a therapy he named **homotoxicology**. *Homo* from human, (*homo sapien*) and *toxicity*, toxic to the human.

As all expressions of life – physiological or pathological – are determined by the transformation of chemically-identifiable agents, it follows that all life processes fall subject to the laws of chemistry and biochemistry.¹⁴

Reckeweg considered the human organism as a flow system. During illness, the state of balance within this system, or homeostasis, is disturbed and defensive reactions within the body are triggered. All pathological processes – expressing themselves as disease - are caused by toxins and this state hinders homeostasis. Reckeweg described this as "homotoxicosis." Recent decades have shown us that psychological elements – people's minds, behaviours and temperaments – are now a growing cause of both exogenous and autogenous toxins. Nervousness, depression, misery and inherited traits can all negatively impact cellular and immune responses.

The various diseases constituting homotoxicosis are divided into groups according to severity. He presented a clear overview of these fundamental mechanisms of the organism's toxic-defense in the form of his **6-Phase Table of Homotoxicosis**. The objective of antihomotoxic therapy is the detoxification, elimination, or the deposition of homotoxins, in order to preserve the organism's capability to live as vibrantly as possible. Reckeweg used the phrase, *The Principle of Biological Expediency*.¹¹

In addition to the active substances from animal, vegetable, and mineral origin employed in classical homeopathy, antihomotoxic medicines also contain nosodes, tissues or organ preparations, synthetic materials, vitamins, trace elements, etc. Some of the starting materials will be used in *homochords*, i.e. different levels of potency for the same stock. The objective of such potency accords is to intensify therapeutic effects as well as to improve tolerance.¹¹

ISOPATHY

Isopathy is a therapeutic school of homeopathy which became established during the course of development and propagation of homeopathy. Isopathy comes from the Greek *Isos* – meaning equal or identical. While classical homeopathy concerns itself with the tenet *similia similibus curentur* (like cures like), isopathy operates on the theory that “equals cure equals” – *aequalia aequalibus curentur*. The isopathic medicine is employed not only for the purpose of curing diseases, but also for defending and strengthening the organism, i.e, as preventative medicine, the same principle which underlies vaccination.

William Lux (1773-1849) was first to develop the Isopathic principle when he took blood from a rabid dog, potentised the blood and then treated the dog by injection. The animal recovered.¹² Lux, as part of his research, used nasal secretions which he potentised and used as treatment for colds and respiratory conditions. He went on to do other treatments with favourable outcomes and he became known as the first veterinary homeopath.⁸

Denys Collet (1824-1909) was a French Homoeopathic doctor who decided to become a priest and joined the Dominicans and was posted to a ministry in Mesopotamia. He found they had no medicines there so he used the patient's own secretions which he potentised and then administered.⁸ **Isopathic** homoeopathic medicines may generally be divided into three categories;

- **Single Isopathic** remedy involves the preparation using the pathogenic/toxic substance to treat the illness it has caused/may cause. An excellent example is amalgam detoxification therapy, i.e the use of potentised amalgam which will usually be 12X or higher.
- **Combination Isopathic** remedies can be from multiple stocks to target different morbidities or to prevent potential maladies that might arise from toxic exposure. Examples here could include food chain chemical additives which can be periodically detoxed. Isopathic preparations are used following chemotherapy to relieve nausea.
- **Organ preparations**, Sarcodes, which can be used curatively and preventatively. Sarcodes fall within the homoeopathic principles of the Similia or the Aequalia. Prof. August Bier (1861-1949) was an outstanding surgeon and scientist of his time. Apart from his contribution to surgery, he researched and utilised all kinds of homoeopathic preparations, singulars and combinations. Bier used Sarcodes which he found worked on the Similia principle.¹² He quoted from historic medical literature that glandulars were used for curative purposes by the ancient Greeks. He used toxic compounds, *Isopathy*, for detoxification of exogenous toxins such as metals and chemicals, which he also found effective. Bier placed emphasis on low potency remedies such as in the range 4X to 8X from suitable starting materials. In coming to that conclusion he tested Hahnemann's dynamisation process and found that the number of succussions had an impact on the finished product. For instance, Drosera 30C (Sundue) shaken twice could cure whooping cough but with 20 more succussions it could produce troublesome aggravations. He also agreed with the principle of the minimum dose

which he found was supported scientifically by the Arndt-Schulz Rule*. This rule stated that weak stimulants excite vital activity, medium stimulants promote it, strong stimulants hinder it and the strongest stimulants eliminate it.¹²

*Rudolf Arndt (1836-1900) Biologist and Psychiatrist was first to phrase the fundamental law on dosage levels. Hugo Schultz (1853-1932) Pharmacologist and Researcher proved Arndt's concept in laboratory tests using amino-acids and other compounds.

- **Oligotherapy** follows from the same clinical need as the Tissue Salts but extends to an extensive range of minerals from natural earth sources. The materials are natural source trace elements which are essential for the life of plants, animals and humans. Scientists have evolved a total of seventy-two (72) trace elements which are essential for good health through biological function and metabolic balance. Within the homoeopathic family this is referred to as oligotherapy and falls with the preventative and nutritive branch of homoeopathy.
- **Gemmotherapy** is the term given to low potency remedies prepared utilising glycerine macerates or alcohol made from fresh, embryonic plant-tissue, such as young shoots, rootlets, and the inner bark of roots and stems. As the selected plant tissues are in a phase of cellular multiplication at the time of processing, they are correspondingly rich in growth-factors such as hormones, auxins and gibberellins.
Dr. E A Maury of France was amongst the early innovators to promote the concept of drainage in homoeopathy. As a prescriber of classical single remedies, he had frequently encountered "reactions", often referred to as "healing crisis". The remedy had brought about a reaction, it was viewed as positive, effectively the correct remedy, but had this undesirable element. Dr. Maury selected herbs such as dandelion, hawthorn and milk thistle, which he prepared in low potencies, 3X or lower which he administered to his patients as **drainage remedies**. He found that this process lessened or eliminated the aggravating aspect when he later administered the constitutional or classical remedy.¹⁷
- **Lithotherapy**, also called "dechelating lithotherapy", involves the therapeutic application of naturally-occurring rocks and minerals in homeopathic preparation. The homeopathic form of these substances is generally employed as D8 ampoules for oral consumption, aiming at normalising specific metabolic disturbances.

BIOCHEMICAL THERAPY OR TISSUE SALTS

William Schussler (1821-1898) practiced as a homeopathic physician for many years. He developed a method of biochemical therapy which has been utilised since 1872. This technique employs a limited number of mineral compounds which analysis reveals to be present within the human body in elementary form. Based on his experience in the field of

homeopathy and encouraged by Virchow's findings in the realm of "cellular pathology", as well as further discoveries of his contemporaries, Schussler developed the theory that interprets illness as the result of a disturbed mineral balance within individual cells of the body. From the great wealth of homeopathic preparations, Schussler selected a limited number of specific medications for use in his mineral-salt (or cell-salt) therapy. As in homeopathy, these are used in a potentised form attuned to the constitution of each patient. Like Hahnemann, Schussler viewed his form of treatment as stimulation therapy assisting the body to regain its regulatory capabilities, thereby restoring it to a state of good health.¹⁴

SPAGYRIC THERAPY

Spagyric preparation of tinctures was developed by a Swiss Physician, Author and Scientist who practiced under the name **Paracelsus** (1493-41). The term comes from the Greek verbs, *span* - to separate and *ageirin* – to unify. Paracelsus developed a method for herbal extraction using steam distillation. When the process was complete, the residual solid matter was dried then burned and the mineral salts collected were then added to the distillate. The process was claimed to provide additional therapeutic benefit.¹⁵ The source materials of spagyric medicines are exclusively of botanical origin.

Graf Cesare Mattei (1809-1896) used spagyric herbs in his practice for many years. On coming to know homoeopathy, he potentised his herbs and found they worked faster and more effectively. His other finding was that he was able to combine several herbs in a homoeopathic combination, so he concluded that the herbs worked synergistically. The homoeopathic combination worked so fast, he called it **Electro Homoeopathy**.¹² Several other innovators followed the example of Mattei which also yielded therapeutic results.

FLOWER THERAPY

Dr. Edward Bach (1886-1936) was the founder of Flower Therapy which bears his name in the range of products marketed as Bach Flower Remedies. Bach trained as a doctor and worked in different hospitals in the United Kingdom in his early years. He studied homoeopathy and started to practice classically full time. He developed a tumour on his spleen which was removed surgically. Doctors said he would only live for 3 months. However he lived for a further 14 years. During that time he researched a new method of healing alongside his homoeopathic practice. His theory was that the energy of flowers could resonate with human emotions and provide healing. Could he do this without harvesting and processing as used in homoeopathy? He initially collected the dew drops in the morning which he then preserved in brandy. As that was a slow process he developed a method of holding the flower over a bowl of spring water and letting the sun shine through. Bach believed this process transferred the energy of the flower to the water. The water was then preserved in brandy. Flower therapy is now widely used for emotional healing and different brands have a unique philosophy attached. Modern CAM Providers are more fully appreciating the importance of the study of the mind and behaviours of clients. Holistic health requires an understanding of

all aspects of conscious and unconscious experiences. Stress, a common contributor to today's failing health, connects emotions with physical changes within the body. It is necessary to consider the influential effects of emotions when looking at physical symptoms to complete a thorough health strategy.

NATUROPATHY

Alongside herbal therapy, naturopathy is the longest serving branch of natural therapies going back to the time of Hippocrates (460-370 BC). Naturopathy embodies just about all essential elements of maintaining good health, such as good food, proper diet, clean water, exercise of body and mind and practices of the soul and spirit. Additionally it will include all the natural therapeutic elements such as herbs, vitamins, minerals, amino acids and bioflavonoids, all combining to assist the body in maintaining or recovering good health.

Emanuel Felke (1856-1926) was a pastor of the protestant church and also practiced as a Heilpractor (healing practitioner). He was posted by his church to in the Rhur Valley where, in addition to his church ministry he established a clinic and sanatorium. He was affectionately known as the Clay Pastor because of his extensive use of Clay in his healing. Nearing the end of the 19th Century, Felke realised that illness patterns had changed in his region. The Rhur district had been industrialising for more than fifty years and its effects were showing in people's health conditions. Felke was aware that new medicines were required.

As a means of finding solutions, Felke, in his own clinic, potentised the herbs he had heretofore used. He followed Hahnemann's methods precisely in the preparation of the homoeopathic stocks. However, he then stepped outside Hahnemann's recommendations and combined the potentised stocks to make up his own homoeopathic medicinal products. He found he had faster healing times and better overall results. He was later to say, 'homoeopathy became the backbone of my practice.'¹² He added, 'I thank God for Dr. Hahnemann, his science and his genius.'

Felke is credited as the man who united naturopathy and homoeopathy and through his students he went on to be the catalyst for the growth of homoeopathy from 1900 onwards. Three of his students set up practices and with the help of their sons, they created between them four homoeopathic manufacturing companies, all of which continue to supply world markets today.¹² In effect, Pastor Felke was to be the founder of what we describe today as Homoeotherapy.

ANTHROPOSOPHIC MEDICINE

Rudolf Steiner (1861-1925) was the founder of Anthroposophy (Greek: *Anthropos* = human, and *Sophia* = wisdom). It is a spiritual science based on a comprehensive view of the makeup of the human being. Steiner described in great detail a method by which the scientific exploration of the transcendental, spiritual side of man and nature can be directly incorporated into everyday life. Anthroposophic medicine is an extension of scientific medicine and as such also includes anthroposophic methods of research. The objective of anthroposophic medicine is to look at a human being as a whole entity within the art of healing.



In evaluating health, illness and healing, the anthroposophic physician bases his/her considerations not only on the physical laws of natural scientific medicine but also takes into consideration those aspects that cannot be encompassed by natural science.

Anthroposophy perceives the human being as consisting of four essential elements:

- The physical body.
- The maintenance of vital force.
- The feelings of the soul the spirit.
- The role of the ego.

Homeostasis must be maintained by means of a rhythmic harmony between all body functions. Every patient receives comprehensive information, enabling him or her to actively participate in the healing process. In addition to the therapy with homoeopathically-produced anthroposophic preparations, other modes of therapy and medication (diet, nutrition, exercise, meditation) are used to activate the self-healing powers. Health is understood as a state of equilibrium between all the human elements which requires continual nourishment for homeostasis. A disturbance in the relationship of these features initiates illness.

Bio Resonance Therapies

The technology era coincided with the computer era and continues to evolve. Since its foundation, doctors and scientists interested in homoeopathy have grappled with the big question “How does it work?” The converted accept that it does; patient outcomes tell them that. The sceptics say we don’t understand, therefore there must be some other explanation, maybe placebo. But is that the fault of homoeopathy, or is that the fault of science, the mainstream scientific community? Perhaps both still have more to do in order to understand each other.

Developments in technology in the latter part of the 20th Century helped create a better understanding of the principles underlining homoeopathy. Modern technology has also advanced the concept of resonance and by extension, the practice of homoeopathy.

Dr. Reinhold Voll (1909-1989) was a German Physician who initiated the application of electronic technology to the Chinese system of traditional acupuncture. Voll, an architect by profession, developed cancer, fought the condition and recovered his health. Thereafter he studied medicine and became a doctor. In the 1950s he surveyed acupuncture points and the related meridians using a standard Ohm-meter. This was a routine electrical measurement tool of the time, but from it developed the science of *electro-acupuncture* – EAV. (EAV stands for electro-acupuncture according to Voll)

Dr. Voll developed a machine named the Dermatron which has been updated continuously with the forward march of technology. Throughout the history of homoeopathy, the idea of frequency-matching was not practised, perhaps it was not even known. Voll's machine was able to locate the acupuncture meridian and with this he developed a system of measuring the energy as it was understood in traditional acupuncture. Attached to the machine was a small metallic platform with cylindrical holes and each hole held an ampule of medication to be tested. When the ampules were inserted, they became part of the energetic circuit of the machine. In this way Voll could start with a base reading and through the insertion of selected ampules, could measure if there was an energy change. Bio-energetic disturbances can be transmitted through acupuncture meridians and manifest either as an excess or deficiency of life energy. Homoeopathic remedies were then inserted and when a remedy matched the frequency of the energetic imbalance of the patient, a resonance effect occurred. This was reflected in a change, sometimes a significant change, in the reading of the acupuncture point.¹⁶ The Voll machine was one of the first pieces of technology which demonstrated the *resonant effect of homoeopathy* and how it interacted with the individual.

Dr. Helmut W. Schimmel (1929-) a German doctor who had used the Voll Device for years went on to develop a simpler method of diagnostics, again using resonant procedures. He created a circuit by having the patient hold an electrode (metal tube) in one hand and he placed a metal point probe, (a small object similar to a writing pen) against a single acupuncture point. This produced a signal, which was a reflection of the energetic flow or health of the organ represented by the acupuncture point. Schimmel inserted ampules containing homoeopathic remedies into the circuit which resulted in an alteration to the output signal. This was yet another method of confirmation of the resonant relationship of a homoeopathic remedy and an organ. Schimmel named this the Vegetative Reflects Test (V.R.T later renamed Vega).

Using this technique he established a relationship between the homoeopathic remedy and the particular organs and in fact from this process further developed a range of products which he described as ***Resonance Homoeopathy***.

The experience gained from this form of testing validated the concept of homoeopathic resonance and confirmed the belief long held by energy practitioners that homoeopathic medications worked by matching, now described as *resonating with*, its target. The target could be an organ, a group of cells, or the person as a whole, in fact, any living organism, plant or animal. This is why homoeopathic therapy is so versatile. Specific remedies can be prepared for viral, bacterial or other pathological conditions, or for any physiological or bodily function.¹⁷

MANUAL MUSCLE TESTING – KINESIOLOGY

Dr. George Goodheart (1918-2008), an American Chiropractor who combined his knowledge of biology with his knowledge of the ancient Chinese art of acupuncture and the meridian system. Dr. Goodheart found that when checking for energy flow, the muscles of the body responded to stimuli. For example - if he introduced a herb or vitamin, the muscle tested positively. On the contrary, if he introduced a toxic compound to the person's energy field such as a chemical, the muscle would go weak. He carried out extensive research into the role of the muscles in the biological process and founded a new method of non-verbal communication which he named *Applied Kinesiology*. From the Greek *kinesis*, to move.

Goodheart's research covered all types of medicines, nutrients, herbs and included homoeopathy. This was a further example of resonance; the energetic pattern of the remedy matching the energetic flow of the patient – frequency matching. For homoeopathy, it had another advantage. It could facilitate the calculation of exactly what the body calls for, *the minimum dose*. Hahnemann's rule of the 1790s was observed through communication with the subconscious mind. Belotti's theory of 1860s had proved to be accurate.



Kinesiology has become a very popular form of measurement and evaluation and its popularity is growing worldwide. It was scientifically validated by a number of scientists in the decades since Goodheart made it public. Dr. John Diamond, a psychiatrist, used kinesiology to determine the hidden determinants of human behaviour and the impact on an individual's health resulting from such things as desires, likes, dislikes, feelings, attitudes and behaviour.¹⁸ Dr. David Hawkins, also a psychiatrist, as well as using Kinesiology for his patients also conducted thousands of tests on individuals, groups, communities, sectors, and public figures in politics, the Arts and sport to determine the various levels of consciousness. He drew direct parallels between personal behaviour, wellbeing and health of individuals with that of community, social class, profession or occupation or society as a whole.¹⁹ In homoeopathic terms he was validating Samuel Hahnemann's view expressed through *Beschaffenheit*, that the individual was reflective of his total environment and it manifested in his state of health. Modern experts, through the new science of *Epigenetics*, tells us that we don't just belong to our genes and ancestors but also to our environment.²⁰

Conclusion

It is important to note that classification of a homeopathic medicinal product as a pharmaceutical does not reflect the manner of use in clinical practice. It refers solely to the manufacturing process which is now carried out in accordance with standard pharmacopoeial requirements and pharmaceutical practices.

Homeopathic medications are employed by various therapeutic schools, applying techniques which have been united under the term **homoeotherapy**. The selection of medication to be used is done in accordance with the specific criteria of each therapeutic system. Homoeotherapy extends the manner of homoeopathic practice in its first 100 years to include a much wider range of patient and consumer supports and through this extension of its philosophy it reaches and provides health solutions for today's society. It has become a key focal point, unifier and facilitator within the CAM umbrella.

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