WHAT IS

HOMEOPATHY?

A BRIEF REVIEW ON THE MAIN POINTS OF THE ESSENCE OF HOMEOPATHY

THE ACADEMY OF PRACTICAL HOMEOPATHY®

LAWS

KNOW THE FOUNDATIONAL LAWS OF HOMEOPATHY:
LAW OF SIMILARS
LAW OF THE MINIMUM DOSE

We will review these two discoveries by Dr. Samuel Hahnemann in detail!

POTENTIZATION

LEARN ABOUT THE METHOD OF PREPARING HOMEOPATHIC MEDICINES

We talk about this process, developed by Dr. Samuel Hahnemann, and what it takes to arrive at potentization!

PROVINGS

FIND OUT THE PROCESS OF DISCOVERING THE *REMEDY PICTURE* OF HOMEOPATHIC MEDICINES

We lay out how all those medicines came to be included in the *materia medicas!*

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WHAT HOMEOPATHY IS NOT

REVIEWING THE BASICS

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Many mistakenly perceive homeopathy as a form of holistic treatment. While homeopathy certainly shares certain philosophical viewpoints with the other alternative health paradigms, homeopathy is fundamentally different.

FOR STUDY:
Look up the definition of "homeopathy" in Appendix M of *Homeopathic Methodology*, Todd Rowe, M.D.

HOMEOPATHY IS NOT

... herbalism, essential oils, supplements, new age medicine, Reiki, reflexology, mysticism, vitamins or supplements, naturopathy or home remedies (even though the word “home” appears in its name).

Modalities such as Bach flower remedies are also not considered homeopathy in the truest sense.

AS SERIOUS STUDENTS OF HOMEOPATHY

... it is critical to be absolutely clear on the basics. Our students hail from different educational backgrounds, professions and geographical locations. The influences that have shaped our students’ concept of homeopathy may be varied, perhaps even contradictory, on given points. Therefore, it is necessary to begin The Academy by laying out a common standard of understanding. The purpose of this document is, to put it colloquially, "to get on the same page.”



WHAT MAKES HOMEOPATHY A UNIQUE SYSTEM OF MEDICINE?

The following four topics highlight the hallmark aspects: the **Law of Similars**, the **Law of Minimum Dose**, the process of **Potentization** and **Provings**.



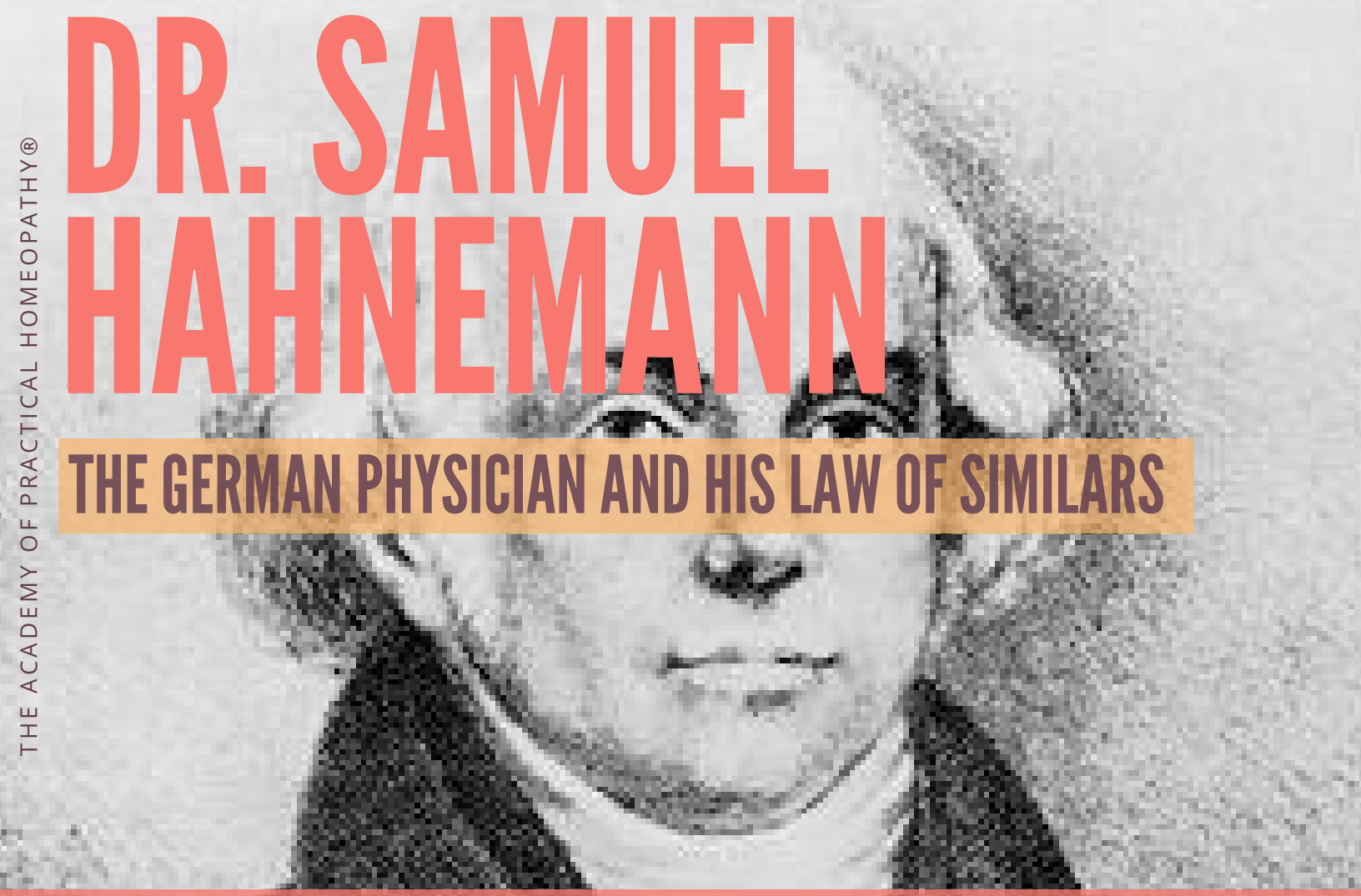
FOR STUDY:
Compare Rowe's definition to the four topics covered in this document.

SECTION 1: LAWS
LAW OF SIMILARS

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DR. SAMUEL HAHNEMANN

THE GERMAN PHYSICIAN AND HIS LAW OF SIMILARS



HOMEOPATHY IS ...

BASED ON THE LAW OF SIMILARS

Homeopathy was developed in the 1700s by Dr. Samuel Hahnemann, a leading physician in Germany.

Hahnemann, being disillusioned by the current practices of allopathic medicine and also fluent in seven languages, devoted his energy to the translation of medical texts. When translating a particular book for a prominent English doctor, he came across a passage which asserted that Peruvian bark was beneficial in treating malaria due to its "bitter properties."



Hahnemann rejected this sophomoric explanation. He reasoned that the true reason for the substance's ability to treat malaria could be determined by ingesting it.

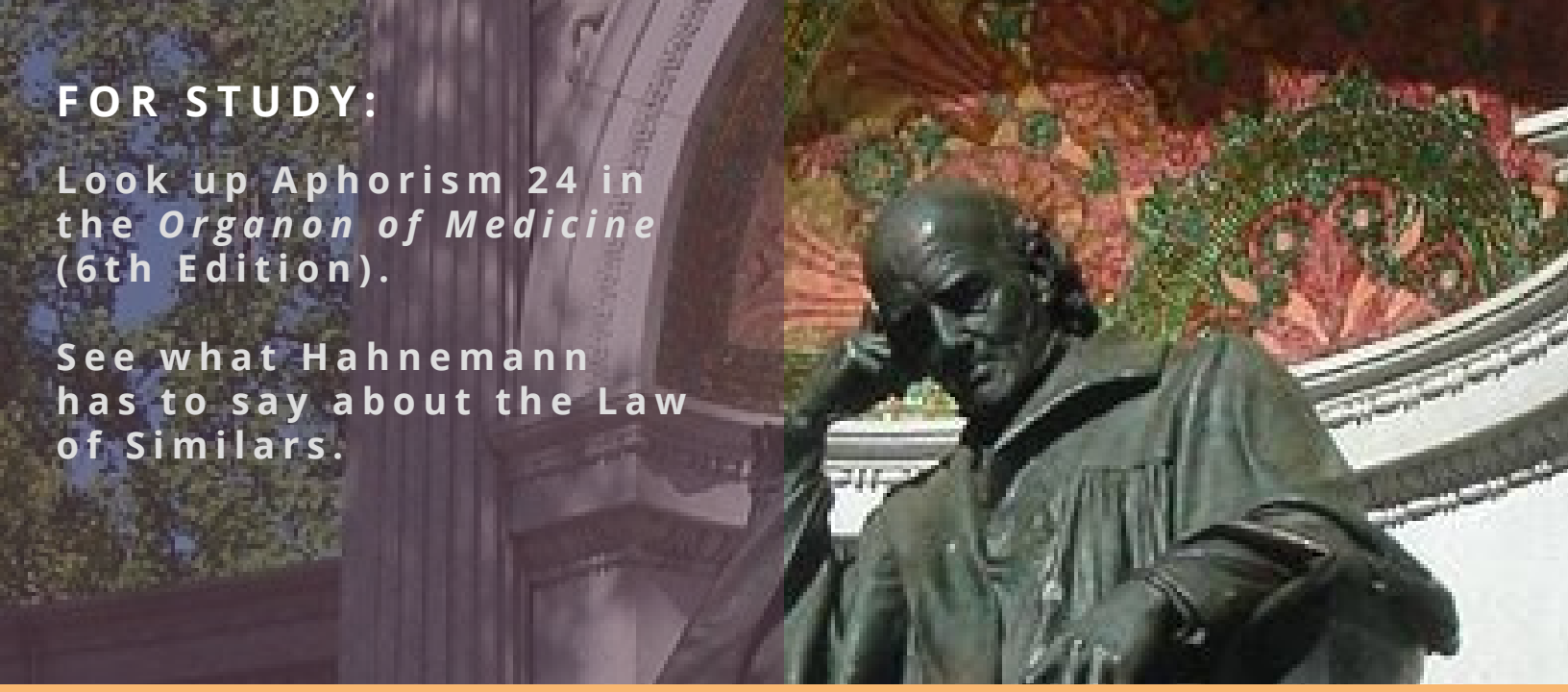
This hypothesis prompted Hahnemann to perform a very simple experiment, which then led to his discovery of the Law of Similars.

After making a tea of Peruvian bark and sipping it over the course of a couple days, Hahnemann experienced malaria-like symptoms: intermittent fever, chills and sweating.

From this experiment, Hahnemann concluded that if a healthy person experienced certain symptoms after taking a particular substance, then a sick person, who naturally had similar symptoms, would be cured by that same substance. Thus was discovered the Law of Similars — which is also articulated in concise terms as "like cures like."

"LIKE CURES LIKE"

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FOR STUDY:

Look up Aphorism 24 in the *Organon of Medicine* (6th Edition).

See what Hahnemann has to say about the Law of Similars.

However, it may be more accurate to say that Hahnemann *rediscovered* the Law of Similars. This principle of healing had already been grasped centuries earlier by Hippocrates. He was reported to have made the following formulation:

> *"By similar things a disease is produced and through the application of the like is cured."* — Hippocrates

It certainly builds the case for homeopathy when Hippocrates, the figure considered by many to be the "Father of Medicine," advocated the Law of Similars!

Hahnemann, finding out for himself the accuracy of this law, would then apply it to create the homeopathic system of medicine.

As explained, the Law of Similars asserts that a homeopathic medicine is administered based upon its ability to mimic the disease state, thereby stimulating the body to heal itself.

But how can this principle be applied in practice? Consider the effects of chopping an onion. What occurs? It causes watery, burning eyes and/or the nose to run.

Therefore, according to the "like cures like" principle, homeopathically prepared onion (i.e., *Allium cepa*) is likely the medicine that will address those similar symptoms in an unwell person, such as those of allergies or a head cold.

"BY SIMILAR THINGS A DISEASE IS PRODUCED AND THROUGH THE APPLICATION OF THE LIKE IS CURED."

— HIPPOCRATES



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Interestingly, the name homeopathy contains within itself this foundational principle. Derived from the Greek *homeos* meaning "similar" and *pathos* meaning "suffering," homeopathy literally means "similar suffering" — a direct nod to the Law of Similars.

A method of homeopathic prescribing which does not subscribe to the Law of Similars is a practice known as isopathy. In isopathy, the same substance that caused the symptoms is used to treat them.

Thus, instead of subscribing to the "like cures like" principle, isopathy follows the principle of "exact cures exact." While isopathy may have a role in certain circumstances, it is much more common in homeopathic prescribing to use a homeopathic medicine made from a substance that can cause a *similar* pathology to what the patient is experiencing than it is to use a homeopathic medicine made from the *exact* substance that actually caused the pathology.

For example, during a reaction to poison ivy, the first choice is usually not homeopathic poison ivy (i.e., *Rhus toxicodendron*), but rather *Anacardium orientale* — a homeopathic medicine made from a type of cashew tree.

Anacardium is chosen because the symptoms it causes are similar to the typical symptoms of a reaction to poison ivy or poison oak.

FROM GREEK, "HOMEOPATHY" LITERALLY MEANS "SIMILAR SUFFERING"

ADDITIONAL NOTE:

Cell salts, also called "Tissue Salts," were developed by German doctor Wilhelm Schuessler in the 19th century. Cell salts are sometimes viewed as a subcategory of homeopathy. However, they are not homeopathy in the truest sense because they do not strictly conform to the law of "like cures like" and are not based on a system of provings.

However, they ARE prepared homeopathically — meaning they are prepared using a process of dilution and succussion called potentization (detailed in another part of this document).

The cell salts are potentized micro-doses of twelve essential minerals our body needs for nutrition. Schuessler called them tissue or cell salts because he believed that these twelve minerals are present in all cells and tissues. The topic of cell salts will be discussed in greater depth in other Academy lessons.

HOMEOPATHY VS. ISOPATHY

ISOPATHY FOLLOWS THE PRINCIPLE OF "EXACT CURES EXACT."



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SECTION 2: LAWS
LAW OF MINIMUM DOSE

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HOMEOPATHY IS ...

BASED ON THE LAW OF MINIMUM DOSE

After Dr. Hahnemann began to conduct more provings and use the medicines according to the Law of Similars, he initially administered the substances in large quantities in their gross form (their natural state). This proved to be problematic. The dosage of the substances often created severe toxic reactions in the provers and his patients.

Thus, Hahnemann devised the idea of diluting (and eventually succussing) the medicines to avoid these reactions. This led to the discovery of another important homeopathic principle: the Law of Minimum Dose, which asserts that substances that aggravate or cause illness in large doses can cure or initiate a healing response when given in small doses.

Based on the rules of logic, it follows that with each stage of dilution, fewer and fewer molecules of the original gross substance would be present in the concentration of the medicine. In higher potencies, then, with each successive dilution, there is less and less chance of the presence of any molecules of the original gross substance left in the medicine.

In this light, the concept of Minimum Dose may seem somewhat counterintuitive.

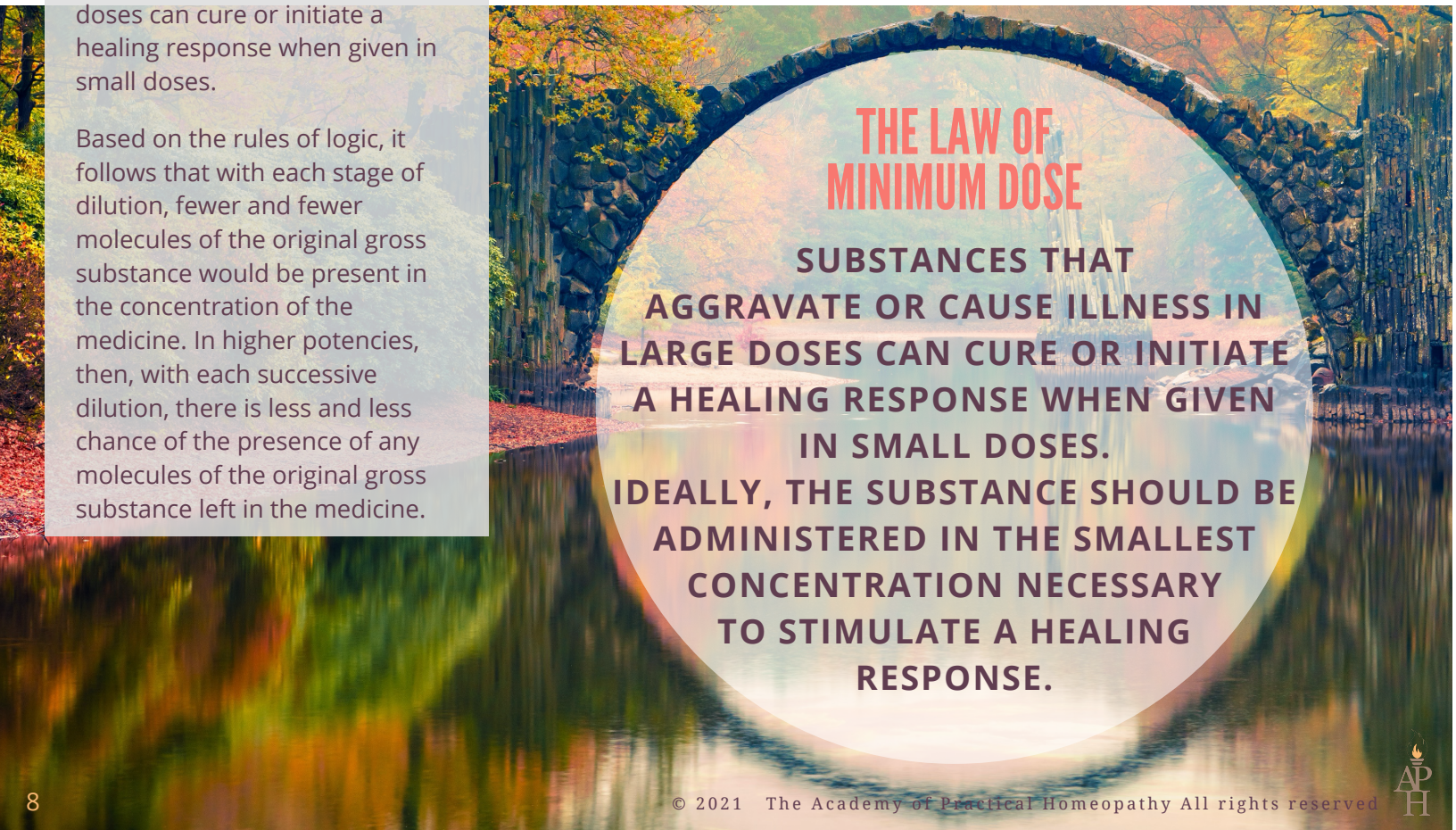
But in fact, as Hahnemann discovered, the more highly diluted a homeopathic medicine is — and, therefore, the further removed from the original gross substance it is — the greater the strength of its action.

It is important to note that succussion is also critical to what "potentizes" a medicine, not just the level of dilution.

However, it's useful to think of the relationship between potency and the original gross substance as an inverse scale.

As the amount of original substance decreases, potency increases (as opposed to conventional medicine, in which a LARGER amount of gross substance is generally considered to be more potent than a smaller amount).

Once again, let me state that the Law of Minimum Dose which governs homeopathic medicine is in contrast to most pharmaceuticals, in which, generally speaking, the greater the amount of the gross substance, the more potent the medicine is.

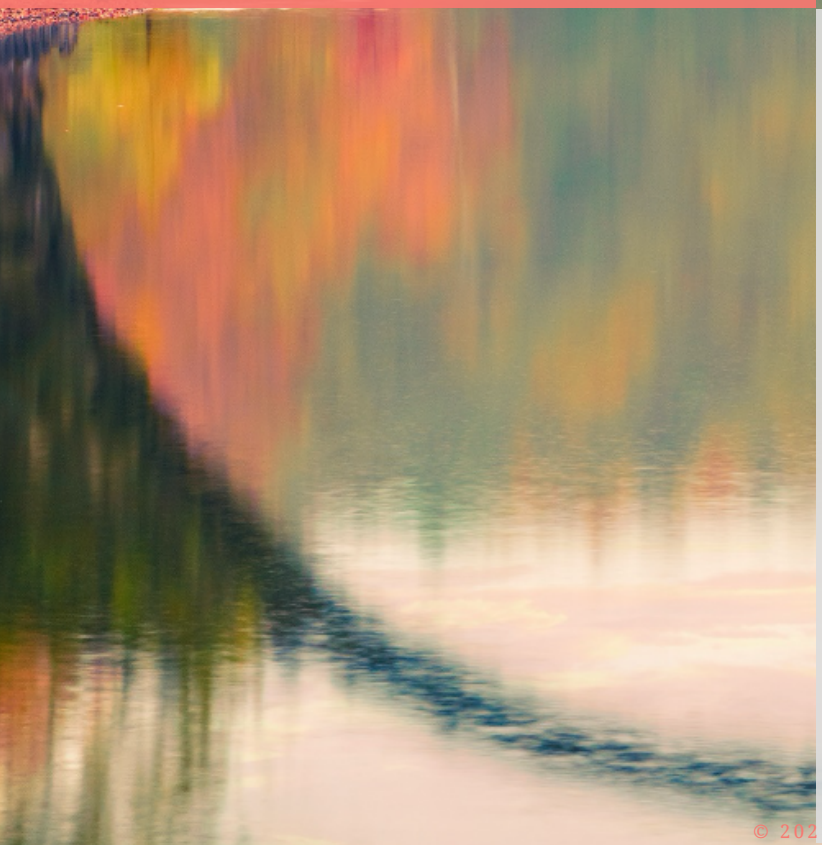


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In other words, in typical conventional medicine, the strength of the drug is enhanced by INCREASING the amount of the gross substance. In homeopathy, the opposite is true. The higher the degree of dilution of the original substance (with accompanying succussions), the more potent it is considered to be.

So, for example, let's say someone is in severe pain. In conventional medicine, when one Tylenol doesn't cut it, the doctor will prescribe two Tylenol, or three or a single pill containing more acetaminophen. In homeopathy, when a 30C doesn't help enough with acute pain, we are likely to progress to a 200C or a 1M or even a 10M. These higher potency homeopathic medicines have been through more dilutions and more succussions than the lower potencies and are, therefore, further removed from the original gross substance.





Keep in mind, however, that this is a simplified way of thinking about homeopathic medicines.

Recent research using high-powered microscopes has revealed the presence of nanoparticles and even larger molecules of the original gross substance, even in higher potency homeopathic medicines. Therefore, it's not guaranteed that a 200C potency will contain fewer molecules than a 30C; there may be an element of random chance involved in the final composition.[1]

So, it behooves us to think of this inverse relationship as a useful analogy rather than a strict scientific rule.[2, 3]

THIS TOPIC WILL BE ADDRESSED IN GREATER DEPTH LATER IN THE ACADEMY.

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FOR STUDY:

Look up Aphorisms 61 and 277 in the *Organon of Medicine* (6th edition).

Read Dr. Hahnemann's explanation that homeopathic treatment (being based on symptom similarity and minimum dose) is "curative."

THE LAW OF MINIMUM DOSE

SECTION 3: POTENTIZATION

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POTENCY IN HOMEOPATHY IS BASED UPON AN INVERSE RELATIONSHIP ...

HOMEOPATHIC MEDICINE IS ...

... THE MORE HIGHLY DILUTED A HOMEOPATHIC MEDICINE IS, THE MORE POTENT ITS ACTION IS CONSIDERED TO BE.

MADE THROUGH POTENTIZATION

THE PROCESS

"Beginning in a concentrated solution or solid, each homeopathic medicine is subject to successive dilution steps. Between each dilution step the resulting product is vigorously shaken in a process known as succussion.

"The dilution/succussion process is carried out up to the desired level of dilution. The resulting product is the homeopathic active ingredient which is then incorporated into dosage forms for administration." — The American Association of Homeopathic Pharmacists

It bears repeating that, as noted by the American Association of Homeopathic Pharmacists, homeopathic medicines are prepared by a method that includes both dilution and succussion against a hard elastic object (aphorism 270).

This process, called **potentization**, was developed by Dr. Hahnemann. It should be emphasized that potentization is more than a simple dilution process. The succussion (i.e., the vigorous agitation) is a critical step in the making of homeopathic medicines — an important fact Hahnemann learned firsthand.

SIMPLE DILUTION IS NOT ENOUGH

At first, Hahnemann tried to simply dilute the substances, which reduced their toxic properties but, consequently, also reduced their curative properties. In his search to find the way in which harmful side effects could be mitigated and healing abilities unlocked, Hahnemann thought of applying the technique of succussion to the preparation of the medicines.

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POTENTIZATION ...

IS KEY TO HEALING

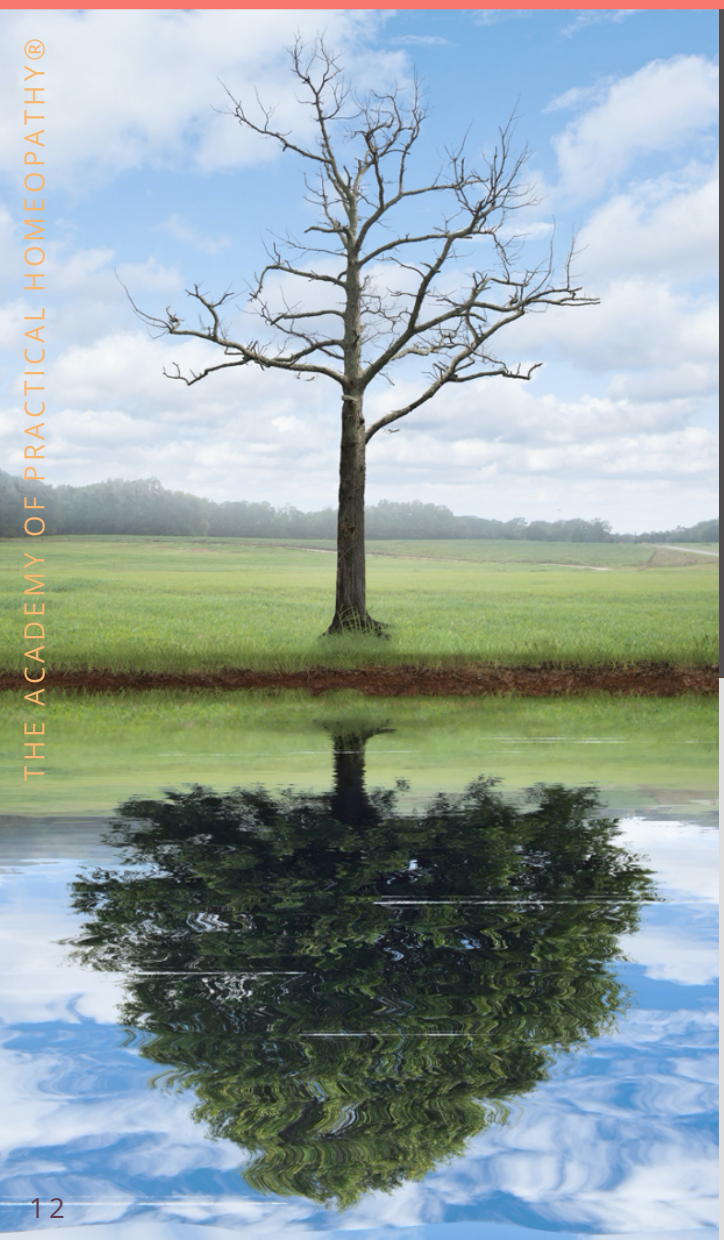
As homeopath George Vithoulkas states in *The Science of Homeopathy*:

"[Hahnemann's] crucial observation was that the more the substance is succussed and diluted, the greater the therapeutic effect while simultaneously nullifying the toxic effect." — IACH

Prof. George Vithoulkas

FOR MORE INFO:
WE'LL DIVE DEEPER INTO THE TOPIC OF POTENTIZATION IN THE COMING WEEKS OF THE ACADEMY.

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Because of Hahnemann's genius in developing the process of potentization, homeopathy not only makes use of substances which are benign or curative in their gross form, but also those which are toxic in their gross form — such as poison ivy, deadly nightshade or toadstool. In reality, almost all homeopathic medicines are made from substances capable of provoking symptoms in their gross form. However, when the original substance undergoes the potentization process, the harmful elements are removed while the curative aspects remain.

FOR STUDY:

LOOK UP THE DEFINITION OF "PROVING" IN APPENDIX M OF *HOMEOPATHIC METHODOLOGY*, TODD ROWE, M.D.

In homeopathy, substances that cause symptoms in their gross form are used in their diluted and potentized form to stimulate a healing response.

WRITE DOWN THE DEFINITION USING PEN AND PAPER, THEN TRY TO WRITE IT FROM MEMORY.

SECTION 4: PROVINGS

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HOMEOPATHY IS ...

BASED ON PROVINGS

"PROVINGS ARE THE PILLARS UPON WHICH HOMEOPATHIC PRACTICE STANDS. Without accurate provings all prescribing indications are bound to be vague guesses at best, and pure fiction at worst. There is no other way to predict the effect of any given substance as a remedy with any degree of accuracy, and the use of signatures, toxicology or fancy ideas cannot approximate the precise knowledge gained by a thorough proving."

– Jeremy Sherr, MCH, FSHom, RSHom

The medicines of homeopathy are developed through a process referred to as "proving," also known as homeopathic pathogenetic trials. This process originated with Hahnemann and continues to serve as the basis for provings today.

In a proving, a homeopathically-prepared substance is administered to healthy volunteers, referred to as "provers," who do not know what substance they are taking, nor are they in communication with each other.

Doses are repeated until provers experience symptoms. These symptoms can include physical, emotional and mental changes and are meticulously recorded by the provers and the observers (who also do not know what the substance is).

The cumulative record of all of the symptoms experienced by all of the provers, known as the remedy picture, is documented in a book called a *materia medica*, which in Latin means "materials of medicine."

The remedy picture as detailed in a *materia medica* is the basis upon which a homeopathic medicine is chosen, based on how well the medicine's symptom picture matches up with the typical symptoms of the ailment or the presenting symptoms of the individual.

The European Committee of Homeopathy summarizes well the place provings have in homeopathic prescribing:

"Provings and treatment are two sides of the same coin that is homeopathy. Treatment addresses states of ill-health – provings induce states of ill-health. Recognizing the state of ill-health of an individual subject and matching them with the state of ill-health induced by a homeopathic proving is considered to be a key element in the successful practice of homeopathy." — the European Committee of Homeopathy



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PROVINGS STARTED IN THE 18TH CENTURY

AND CONTINUE TO PRESENT DAY. MANY HOMEOPATHIC SCHOOLS AND COMMUNITIES ARE THE EPICENTERS FOR SUCH RESEARCH.

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NEW PROVINGS

In addition to the medicines that have long held a cherished place in *materia medicas*, provings of new remedies are being conducted, such as those of the housefly (*Musca domestica*), seahorse (*Hippocampus kuda*) and the North American opossum (*Didelphis virginiana*).

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REFERENCES

1. " ... physicochemical studies of these solutions have unequivocally established the presence of the starting raw materials in nanoparticulate form even in these extreme (super-Avogadro, >10^{23}) dilutions." "We show that once the bulk concentration is below a threshold level of a few nanograms/milliliter (ng/mL), at the end of each dilution step, all of the nanoparticles levitate to the surface and are accommodated as a monolayer at the top. This dominant population at the air–liquid interface is preserved and carried to the subsequent step, thereby forming an asymptotic concentration. Thus, all dilutions are only apparent and not real in terms of the concentrations of the starting raw materials."

— **https://pubs.acs.org/doi/abs/10.1021/la303477s**

2. "Once dilution and trituration steps in lactose and/or succussions in liquid solvents begin, any low potency homeopathic remedy prepared above mother tinctures, i.e., 1X to 23X or 1C to 11C, should theoretically still contain bulk-form molecules of source material as well as source nanoparticles.

"In theory, repeated dilution steps leave progressively fewer and fewer molecules of bulk-form source material in a true solution, until eventually none should persist in solution diluted past Avogadro's number (6 x 10^{23}), i.e., potencies higher than 24X or 12C. Ordinary clinical chemical assays can at best find relatively low numbers of bulk-form source molecules, for remedies at low potencies and none at higher potencies.

"However, the trituration and succussion procedures in classical homeopathic remedy preparation may actually be crude manual methods that generate "top down" nanoparticles of source material. Nanoparticles range in size from 1 nanometer (nm) on a side, up to 1000 nm or more, though much nanoscience research focuses on special acquired properties of small nanoparticles below 100 nm.

2. cont. "Trituration with mortar and pestle is a manual method for mechanical grinding or milling, similar to ball milling used in modern nanotechnology.

"Like modern nanotechnology methods of microfluidization, sonication and vortexing, manual succussions introduce intense turbulence, particle collisions, and shear forces into solution that break off smaller and smaller particles of remedy source material as well as silica from the walls of the glass containers or vials. The combined impact of these mechanical nanosizing procedures would be to modify the properties of the remedy, generating remedy source nanoparticles, as well as silica crystals and amorphous nanoparticles.

"Persistent remedy source nanoparticles have been demonstrated with high resolution types of electron microscopy in metal and plant homeopathic remedies prepared both below and above Avogadro's number."

— A model for homeopathic remedy effects: low dose nanoparticles, allostatic cross-adaptation and time-dependent sensitization in a complex adaptive system.

— Iris Bell and Mary Koithan

3. "Bellare is an expert in the field of nano-medicine ... he found nanoparticles of the starting material, while they found almost no traces of contamination. The remedy they started with was Aurum Metallicum, AKA gold. They have seen nanoparticles over and over again in potencies up to 10M."

— https://magicpillsmovie.com/dr-jayesh-bellares-electron-microscope/

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ADDITIONAL NOTE:

It is worth stating that homeopathy is manufactured by homeopathic pharmacies according to the standards and processes outlined in the Homeopathic Pharmacopoeia of the United States (HPUS), the official U.S. homeopathic remedy manufacturing manual. The medicines are regulated by the Food and Drug Administration (FDA), and homeopathic pharmacies must comply with FDA Good Manufacturing Practices. Furthermore, homeopathy is officially recognized in the United States under the 1938 Food, Drug, and Cosmetic Act, the 1965 Medicare Act, and the 1987 FDA Compliance Policy Guidelines.

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