

HOMOEOPATHY



Take Homoeopathy  
Stay Healthy

TAKE CARE HOMOEOPATHY

# Introduction to Homeopathy

Homeopathy as an alternate medical stream was discovered by German doctor, Samuel Hanemann, who himself was an MD in allopathy. However, he did not find allopathy very satisfactory in terms of the way it worked. Hence, he was not very keen on practising it.

Apart from being a doctor, Dr Hanemann was also a very good writer. He thus started writing in order to support his family. An excellent translator who was proficient in eight languages, he would also translate into German articles by British doctor William Culens.



Once, while translating an article titled, 'A treatise on Materia Medica', he came across a sentence that intrigued him: 'Cinchona's (commonly known as quinine) antipyretic properties are not very satisfactory'. In order to study the effects of cinchona more deeply, Dr Hanemann started taking 4 dryums (about 30 ml) of cinchona juice every day. After some days of this, he realized that he had developed symptoms of malaria. So he stopped taking the juice and became healthy again. It was after going through this experience that he asked himself the question: Was it possible that a drug that cures a sickness also be the one that causes the sickness?



To find an accurate answer to this question, Dr Hanemann conducted further experiments on himself. He started taking other drugs and also gave them to his family members. He wanted to see what would happen. After a few years of doing this, he came to the conclusion that the power of any drug was such that it could create the symptoms of the same disease it was meant to cure.

He then tried this experiment on himself and his disciples and was convinced that medicines were able to cure diseases because they were capable of creating those very same diseases. He discovered this in the year 1790, and after untiring efforts and more experiments, he put forward his theory in 1796.



# Drug Proving In Homeopathy

In homeopathy, drug proving is carried out in children as well as adults, of all age groups. This is done so that there is detailed information about the drug and its utility, ie., the disease-creating property of a particular drug is also its curing property.

Only those medicines about which complete information is available are used in homeopathy. In order to understand the natural, internal power of a medicine or a drug, it has to be tested on a healthy person, and how that person reacts to the medicine have to be recorded. The specific way in which the symptoms express themselves in the person are studied and the effect of that drug on the person's will power, mental power, vibrations, sympathies and personality are studied in great depth. And this is all performed on a perfectly healthy individual. This happens only in homeopathy.

. In other 'pathys' or systems, to establish physiological proof about the toxicological effect of the drug, such experiments are tried out on animals or on people who are already sick. However, this ends up giving just one-sided and incomplete information about the drug. Therefore, it is useful only as a palliative treatment (treatment given in response to a sickness or pain).

In homeopathy, because drug proving is done on healthy individuals from both genders and across all age groups, it is possible to know the psychological and physical changes the person will undergo after taking the drug. With the information thus received, the doctor can compare the change in the person's thoughts or behaviour, before and after taking the drug.



Allopathy offers a specific medicine for a specific disease, regardless of the age or sex of the patient. Homeopathy is different. Let us take another example. There are five siblings in a house and all of them have TB (tuberculosis). Allopathy will treat all of them with the same medicine. Homeopathy, however, is based on understanding an individual's personality and behaviour before and after sickness, his basic nature and the fears he has about the illness. It is only after studying all these aspects in detail that a medicine is prescribed, after which recovery is quick, irrespective of the type of illness.



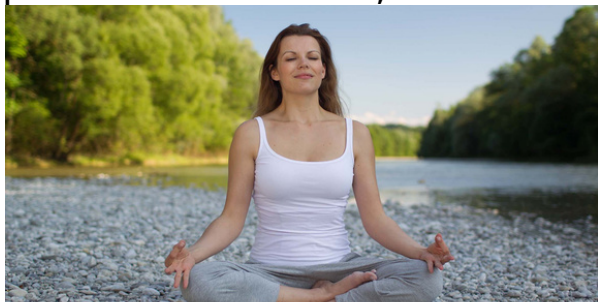
One could ask why the mind and one's thoughts are so important in homeopathy. This is because the sickness, whether it is in our body or our mind, arises because of our thoughts. The thinking process is very powerful. Our life develops by the thoughts that are generated in our mind. Who does this? Thoughts are generated and given momentum by destiny (niyati), who is indifferent to the nature and the quality of the thoughts – whether they are positive or negative, good or bad. When a person falls sick, he starts thinking negatively: 'Will I get well or not?' 'Will this develop into a major or incurable disease?' Homeopathy breaks this chain of negative thoughts and brings in positivity and confidence.





The famous author Louis EL Haly has written in her book, *You Can Heal Your Own Life*, that disease and sickness originates in our thoughts. Take the following examples:

1. A person who has problems in his spine, that part of the body which gives flexibility and strong support to the body. He is filled with thoughts of being absolutely alone in life without any support.
2. Patients who suffer from stomach ailments are generally averse to accepting (digesting) anything new in their life. Homeopathy can change this attitude and make him face and accept the changes in his life positively.
3. A paralytic patient feels helpless. He is unable to sustain opposition. His attitude is adamant. He refuses to accept any sort of change in his life. Homeopathy can change this thought process and make him more accepting towards his past, present and future, and can cure him.



4. A lot of people today suffer from knee problems. The main reason for this is their self-centredness, their refusal to bend, lack of flexibility and fear. Homeopathic treatment makes them kind, soft and considerate, and cures the knee problem.

5. Kidney stones are formed due to unexpressed anger. Homeopathy can destroy this anger, by helping the person forget it and thus dissolve the kidney stones.

There are several more such examples which show how diseases are largely created by our thought processes. Homeopathy can transform thoughts and make a person positive towards life.



Many surgeries can be avoided through homeopathy, piles for instance. A person suffering from piles may believe that surgery is the best option. But piles can recur even after surgery, because an operation only removes the existing 'piles'; it does not treat the root cause of the problem. Some people feel that meat-eating leads to piles. In reality, such habits merely increase the sickness. Piles are not generated because of food habits; they originate in the mind. Constantly thinking about incomplete work, anger that has been stored away about some events in the past and thinking about them all the time cause piles. Homeopathy can change this attitude, make him positive and cure the disease completely. This is because the basic cause of the disease has been removed. Apart from that, the money spent on surgery is also saved, the anxieties and costs of hospitalization are removed, etc.



Homeopathy brings about peace in one's life. It changes the thinking process for the better and brings about balance, making life happy and contented. Apart from ensuring physical cures, it also leads to psychological, social, intellectual and spiritual changes, making a person positive and successful.



In my 14 years of practice, I have treated patients who come to me for their physical ailments. However, when I studied their case histories, I observed that every patient has some other problem as well, either related to financial worries, fights in the house, anxiety about their children, marital problems, difficulties in their professional lives, etc. During the course of the treatment, while the physical illness is cured, other problems are also gradually solved. This happens because homeopathy removes blockages in the person's life, because it treats the mind along with the body.



# Vital Force

## How Homeopathy Works on Humans

The human body and its various parts and organs are merely physical forms and cannot perform any activity on their own. Be it trees, animals or humans, they are alive, active, energetic and functional only due to the presence of a certain force. Our body is controlled and energized by this force, known as the life force or the vital force. This vital force maintains our functions as well as our sensations.

Our body is not just what we see in the physical form; it is made up of a Multi Body System, which includes the Etheric Body, the Emotional or Mental Body and the Astral Body (Manah-Pranah-Pradnya). Things don't affect us only physically. We are affected at all levels. When we think, this non-solid form of energy enters our Multi System Body and affects us tremendously. Therefore, thoughts affect our vital force.

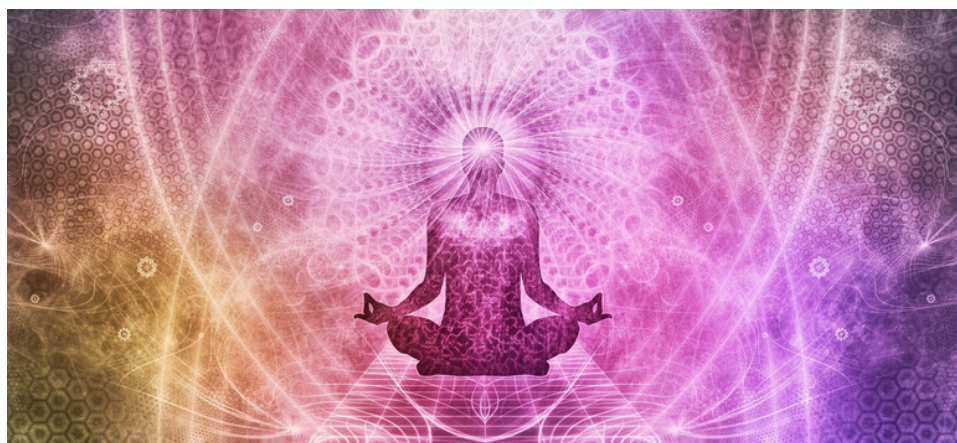
During our lifetime, we come across many circumstances and situations where we come in contact with and absorb negative energies, which take the form of fear, anger, jealousy, judgements, criticism, blame, among many others. When you fall sick, your energy is unbalanced, and hence disease becomes an expression of such unbalanced energy.

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The vital force corrects the homeostatic balance. It repairs tissues and provides energy wherever required. The vital force has the capacity to cure itself, but if it is not able to do so, a disturbance is created in it. This disturbance is cured by homeopathic remedy. What then happens, is that the vital force considers a homeopathic remedy to be a 'disease-producing irritant'. This is strong enough to disturb the vital force so much that it becomes active enough to drive away this irritant.

In case the disease state created by the medicine is similar to the existing disease, the vital force recognizes the similarity and drives away the irritant remedy, along with the existing disease.





# Advantages of Homeopathy

1) It is a simple, straightforward and natural method of cure.

2) It does not suppress the disease; it removes the root cause of the ailment and throws it out of the body. To give an example from the concepts of modern science, excema is treated by applying some cream on the affected area. It appears to be cured. In reality, it is only cured superficially, but it has actually been suppressed. It will eventually recur.

Homeopathic treatment on the other hand, would not require the application of a cream, because it will be cured from within, by studying and removing the root cause of the problem. Thus, the chance of recurrence is almost nil.

3) Homeopathic treatment brings about calmness and stability in the patient. He feels relaxed and energetic and it creates a feeling of well-being in those it cures.

4) It is useful to treat all diseases, from common colds to cancers.

5) It plays a very important role in cancer treatment. It reduces the pain and provides a better-quality life. In case of an inevitable death, if the cancer has progressed too far, it leads to a painless passing away.

6) It is useful for everyone, irrespective of age or gender.

7) 99% of diseases are caused due to negativity. Homeopathy, by bringing in positivity, eliminates the root cause itself.

8) There are no restrictions to the kind of food that can be eaten when following a course of homeopathy medicines. Only the intake which creates disturbance needs to be avoided. For example, if the patient gets a cough due to drinking milk, it should be avoided during the course of the treatment. Once the treatment is over, however, he can go back to drinking milk after consulting with his doctor.

9) Homeopathy develops humanity in the patient.

10) As a result, it creates a pleasant atmosphere in the house, gives confidence and provides contentment.

# Myths about Homeopathy

1) **Myth:** Homeopathy takes a long time to bring about a cure.

**Truth:** In reality, homeopathy is the fastest cure in the world. If the symptoms of the disease match the symptoms of the remedy, one can begin sensing the results within a matter of seconds. The truth is that people tend to turn to homeopathy very late, when the sickness has already taken root. That is why it appears to take time to cure a chronic ailment. If homeopathy is chosen as the first option, the patient can start getting relief within a couple of hours.

2) **Myth:** Strong, pungent foods, like onions, garlic, coffee, tea, and strong perfumes and the fragrance of incense sticks are not allowed during homeopathic treatment.

**Truth:** Homeopathic treatment is not affected by any of these. However, it is advised not to consume strong-smelling foods 15 to 20 minutes before or after the administration of the medicine.

# Diet and Regimen

Diet is very important for homeopathy. A balanced diet helps to keep your mind and body healthy.

Similarly if you are sick and if you eat nutritious food then it takes less time to cure the disease

It is also important to know which diet to take in which illness, so homeopathy also gives you advice on which diet to take in that illness.



# Protect your family with the help of Homoeopathy



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