
A Guide To Homeopathic Treatment

Dr. Julia Parke ND

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Classical Homeopathy

History of Homeopathy

Homeopathy is a highly systematic, scientific method of therapy based on the principle of stimulating the organism's own healing processes in order to accomplish cure. The word is derived from the Greek words: *homeos* – “similar”, and *pathos* – “suffering”. The basic system was devised and verified by Samuel Hahnemann, a German physician, over 200 years ago. Homeopathy's astounding success rate in both chronic and acute diseases has resulted in its not only standing the test of time, but achieving widespread acceptance in Europe, India, and South America as well.

Vital Force

Any valid holistic therapy recognizes that the organism has its own mechanisms for healing, however ineffective they may be at any given moment. These healing mechanisms include all the chemical and physiological processes so well elucidated by modern science, and more subtle processes as well.

In homeopathy we begin with the assumption that every organism is an individual and therefore is fundamentally a mystery. To include both the knowable and unknowable in our understanding, **we seek the “vital force” (the dynamic, or energy plane of the organism) as animating everything we call life (including the physical, emotional, and mental levels). It is this vital force that is being stimulated specifically by homeopathic remedies.**

Symptoms and the Vital Force

Symptoms are a sign of the vital force trying to heal. This is a fundamental concept that must be understood by all patients and practitioners of natural therapies. The task of the Physician then is to gather as much information as possible about the totality in which the vital force is already acting. A homeopathic remedy is sought which, ideally, will stimulate the vital force in precisely the way in which it is already acting. In homeopathy, prescriptions are based on symptoms verbalized by the patient and any physical observations we make; it is not solely based on laboratory data, machine technology, extrapolation from animals studies, etc.

Homeopathic remedies are prepared from over 5,000 mineral, plant and animal sources. Each remedy has been experimentally tested on *human beings* in order to determine which type of individual responds most strongly to which substance. In homeopathy, prescriptions are based on the uniqueness of the person and the totality of symptoms, not on the type of disease.

In other words, there is some kind of resonance between each person at any given moment, and some mineral, plant or animal substance. The task of the Physician is to match the total picture of symptoms provided by the patient with a homeopathic remedy, which will most effectively resonate with their vital force as a whole. It is this powerfully vigorously shaken between each dilution. Paradoxical as it may seem, the fact is that the more the original substance is shaken and diluted, the more its curative power is increased while eliminating all toxicity. To this date, science has not discovered how or why this happens, but it is a verified fact and experienced daily in homeopathic practice.

It is important to make clear that homeopathy is not a panacea, and it is not free of risk. There are rare patients who are not curable, and homeopathy is practically ineffective in people taking most allopathic drugs. In chronic cases, it usually does not produce immediate relief of symptoms. Indeed, the expectation is that there will be a healing crisis before cure follows.

Practical Homeopathy

On the average (always with notable exceptions), homeopathic cures take two months to one year, depending on the severity of the condition, the inherent strength of the vital force, and the amount of previous suppressive therapies.

Appointments are scheduled each time for ½ to 1 hour, with the initial interview up to 2 hours. The time is spent doing an extensive review of all limitations but with a focus on understanding the nature of the individual, and the details of the chief complaint.

Visits are spaced a month or more apart in chronic cases until clear progress is being made, at that time they may be scheduled once every two, three, six, or twelve months. If the patient feels that it might be desirable, relatives or close friends are welcome to be present during the interview.

Guide to Homeopathic Treatment

About the Remedy

A homeopathic remedy comes from a physical source; simplified we can say plant, animal or mineral source. The remedy is either given on the day of the interview, or at the one week return office call to allow time for the prescriber to study the case. Frequently, but not necessarily always, a “homeopathic aggravation” or healing crisis occurs within a few days to two weeks after taking the remedy. Most of the time the aggravation lasts less than a week, often only a day or two. Rarely, especially in people who have taken a lot of allopathic drugs in the past, prolonged aggravations last several weeks. It is during these crises that it is important to remember that all symptoms are attempts of the vital force to heal. An intensification of symptoms after taking a remedy is a good sign that cure is very likely to follow. Cruel as it may seem, our advice during an aggravation is “Wait.” Treatment or medication that relieves the symptoms will simply delay the cure.

Even once the homeopathic aggravation is over, the patient may experience a mild return of old symptoms from their past. These are not signs of a setback, but rather a sign of the vital force reaching back in time to clear up old obstacles. Often remedies will reach all the way back to childhood and regenerate old emotions or discomforts, which were never completely eliminated from the system. Usually these symptoms are transitory and no problem.

Remedies are given in a single dose. Usually there are “layers” of symptomatology, each layer requiring a single remedy. Sometimes the next remedy is given within a month or two of the previous prescription. Sometimes a remedy is not given for many months or even years. Meanwhile, the previous dose continues to act, constantly pushing symptoms away from the deeper mental and emotional regions outward to the physical plane, eventually onto the skin or mucous membranes, and finally to complete elimination. During this time, we continue to have follow-up visits, but we may not give another remedy. The follow-ups are designed to insure that the process continues in the correct direction.

Responsibilities of the Patient

Homeopathy is a Two-Way Street

As imagined, homeopathy is highly demanding on the physician. Homeopathy takes supervised training and hard studying to begin to learn the art and the science of homeopathy. The number of remedies to learn is tremendous and your physician must deal with aggravations, anti-doting influences, previous drug suppressions, and the danger of producing suppressions or disruptions, and other problems.

Getting to know a patient, in such depth and subtlety, takes an enormous amount of time and energy. Investing this amount of time and care creates natural bonds between physician and patient.

Self-Observance

Homeopathy also places demands on the patients. There are certain simple disciplines (anti-doting influences, discussed in the next section), but the primary demand on the patient is self-observance. To prescribe correctly, we need to know virtually every aspect of your being – mentally and emotionally as well as physically. In particular, we need information about those aspects which are most peculiar, most unique, most unexplainable by ordinary logic. This requires a good deal of attention on the patient's part, something which does not come easy to some people. In homeopathy, the physician does not take care of the patient. The patient must tune into themselves deeply and incisively, and we use that information to find a remedy that stimulates their own healing forces.

Homeopathy demands perseverance and patience once the correct remedy has been found. The homeopathic aggravation can sometimes become a severe test of faith and understanding. It can be very tempting to try an easier approach, or to take drugs to relieve the symptoms. Indeed, a certain percentage of patients do leave homeopathy at this point in their treatment, preferring to continue to search for instant relief.

Always remember that once a curative process has begun, your suffering is only a temporary phase of the healing process. It is best to view such crises as opportunities for learning; to discover the complex and subtle origins of our suffering. To wait the process out is perhaps the most difficult request that could be asked during such crisis. Nevertheless, such a demand is crucially important. The most common mistake made in a homeopathic aggravation situation is to try to rush healing. The vital force must function at its own pace. It knows better than we do what is most gentle for the organism, so we are very careful not to interfere as long as the symptoms are changing in a curative direction.

Running Interference to the Cure

There are basically two ways by which the patient interferes with the action of their homeopathic remedy:

Anti-doting the Remedy

Remedies may be anti-doted, either partially or completely, by various substances or treatments. The resulting relapse may be short-lived (say two weeks) and involve only a few symptoms. Or the relapse may be complete and permanent. Once a remedy has been anti-doted, the task is made doubly difficult for the prescriber. Sometimes a careful re-taking of the case will enable us to give the same remedy again, but more often it requires another prescription to bring the case back "on track."

Drug Interference

Using prescription or over the counter drugs can completely shift the course of cure during homeopathic treatment. It is advised to check with your doctor if you are unsure about the process of your treatment or if you are considering additional medications.

How to Take Homeopathic Remedy

Instructions

Please follow these simple steps to receive proper results:

Read all Homeopathic Information thoroughly before taking your remedy Use this sheet to record the date you take your remedy

Take the remedy as directed by your physician

Keeping Record

Date Dispensed: _____ Frequency: x3 doses; one dose per day for 3 consecutive days

DATE TAKEN: _____

HP: _____ Potency: _____

Important Information: *You may take only one or two doses depending on your sensitivity; if you feel the effects strongly it's is fine to omit the 2nd or 3rd dose .*

Most of the time, your remedy will be in the form of small white pellets. **These pellets are not to be handled.** Please shake the dose amount into the cap of the vial and administer orally.

Please take _____ pellets per dose

Hold the remedy under the tongue and allow the pellets to dissolve.

Refrain from food or drink for at least 15 minutes to allow the properties of the remedy to activate without interference.

Homeopathic medicines are unique in that it is the *frequency* and the *potency* of the dose that determines the intensity of the action. This differs greatly from the drug action of allopathic medicine, which is dependent upon the *quantity* of the dosage.

Please take this remedy at the ***frequency*** prescribed to you by your physician.

Each remedy has been specifically prescribed based on your uniqueness as an individual. This form

of treatment is unique to homeopathy, assuring that you, the patient, is being treated, not your condition or symptoms.

FURTHER READING...

Law of Similars

The basic law underlying homeopathy, therefore, is the Law of Similars: Whatever substance produces symptoms in a healthy person will cure those symptoms in a sick person.

Professional homeopathic pharmacists prepare remedies in environments carefully controlled for temperature, odors, dust, light and humidity. The original substance is diluted in alcohol, and then serially diluted an incredible number of times, the vial being vigorously shaken between each dilution. Paradoxical as it may seem, the fact is that the more the original substance is shaken and diluted, the more its curative power is increased while eliminating all toxicity. To this date, science has not discovered how or why this happens, but it is a verified fact and experienced daily in homeopathic practice.

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Homeopathy Goal: Cure

Cure is the goal in homeopathy, and our results show that the vast majority of our patients can expect at least great strides toward that goal. Our definition of “cure” is that attainment of a high degree of health. George Vithoulkas, a foremost homeopath in the world today, defines health in terms of freedom: Health on the physical level is freedom from having to put undue attention on the body because of pain, weakness, etc.; on the emotional level, health is freedom from being bound by the various passions (not mere absence of emotion, but a dynamic state of feeling all emotions while not being trapped by any); and on the mental level, health is clarity and selfless creativity.

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Recommended Reading:

Homeopathy For Today's World, Rajan Sankaran; Discovering Your Animal, Mineral, or Plant Nature

Homeopathy the Science of Healing, Rajan Sankaran

Homeopathy: Medicine of the New Man, George Vithoulkas

The Science of Homeopathy, by George Vithoulkas