



AUSTRALIAN
HOMOEOPATHIC
ASSOCIATION

Homoeopathy



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Topics Covered

- What is Homoeopathy? – Introduction & Principles
- How does Homoeopathic treatment work?
- What are Homoeopathic Medicines made from?
- Why use Homoeopathy?
- What conditions can be treated with Homoeopathy?





Introduction

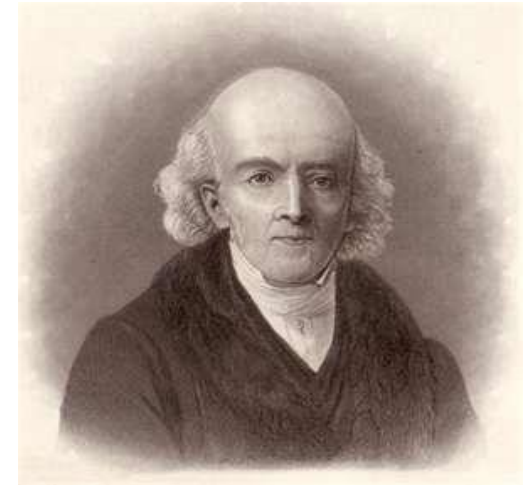
- Homeopathy is a holistic system of medicine.
- Developed by German Doctor S. Hahnemann (1755-1843)
- Homeopathy is now used worldwide. Recognised by the World Health Organisation as second largest used medical system. Has legal recognition in 70 countries.
- Working Principle: Homeopathic treatment helps to stimulate the body's ability to fight infection and susceptibility to disease.
- Treats both acute and long standing chronic conditions effectively.
- Can be used alongside conventional treatments



Who Invented Homoeopathy?

Founder of Homoeopathy:

Samuel Hahnemann, a Medical Doctor



- Hahnemann discovered the (in 1796) Law of Similars through careful observation of nature.
- He established the action of medicines by testing many of the substances used in his time on healthy people.



The Law of Similars



Homoeopathy is based on this law.

Homœos means similar, Pathos means suffering.

In other words **“Like Cures Like”**

(Any substance which can produce a totality of symptoms in a healthy human being can cure that totality of symptoms in a sick human being)



Principle of Treatment

- Homoeopathic medicines are prescribed for the totality of symptoms presented by the patient:
 - **Mental:** Fear, Anxiety, Depression, Memory loss, Delusion, Hallucination, Apprehension, Apathy, Lack of Confidence, Suicidal, Etc
 - **Emotional:** Angry, Violent, Gloomy, Grieving, Hysterical, Obstinate, Capricious, Arrogant, Brutal, Crying, Cursing, Sensitive, Changing moods
 - **Physical:** Aches, Jerking, Cramps, Epileptic, Skin diseases, Vision loss, Hearing loss, Constipation, Diarrhoea, Swelling, Inflammation, etc.
- This totality of symptoms in a sick person has to match the symptoms of the medicine selected (the symptoms that the medicine has been found to cause in healthy people).



Aim of Homoeopathic Treatment

According to Dr. Samuel Hahnemann the aim of the treatment is:



“ To heal quickly, gently and to restore health permanently, in other words to eliminate and destroy illness in all its aspects in the quickest, most reliable and least harmful way, following understandable rules.”



Body Symptoms



- A human being is a dynamic organism, whose physical functions and mental/emotional state influence each other.
- Symptoms are an effort of the body to indicate something is out of balance.



How do Homoeopathic Medicines Work?

- Homoeopathic medicines restore balance by stimulating the Healing Power of the body which enables it to bring the body back to balance which in turn, eliminates the disease symptoms, and thus restoring the health.





Proving

- The sphere of action of Homoeopathic medicines is discovered by testing substances on healthy individuals – this is called proving.
- The mental, emotional and physical symptoms experienced by healthy individuals are recorded as the “remedy picture”.





Homoeopathic Dilution

Undiluted Homoeopathic medicines

- Hahnemann found that by using undiluted medicines caused substantial aggravation of the symptoms before the health is improved.
- Hahnemann then experimented with dilution of medicines.





Homoeopathic Dilution

Hahnemann found that:

- If a medicine was simply diluted more and more it lost its efficacy, however,
- if it was diluted in steps and shaken very vigorously (succussion) after each dilution, then its effect seemed to even increase; Hahnemann called this 'Potentisation'.





Homoeopathic Treatment



- Consultation
- Treatment management plan
- Prescription of the medicine that matches the presenting symptoms most closely
- Follow-up consultations to assess the effect of the medicine
- Subsequent prescriptions to complete the treatment



What does the homœopath need to know?

In the Homoeopathic consultation the following areas will be inquired into:

- Physical, emotional and mental symptoms
- Modalities (what makes the symptoms better or worse)
- Personal history (biography)
- Disease history
- Family history

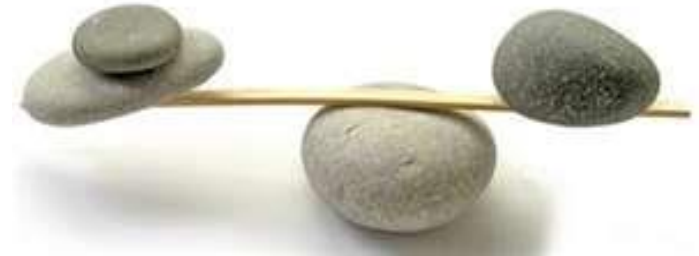
All symptoms together forms the holistic picture of the patient being treated.





Applying Homoeopathy

- This totality of symptoms in a sick person is matched to the symptoms that the medicine has been found to cause in healthy people .



- Homoeopathic Remedies (medicines) when prescribed stimulate the body's healing power and enable to achieve the balance. This will eliminate the imbalance (disease) and restores the health.



What are Homoeopathic Remedies Made From?

- Homeopathic medicines are made from a variety of sources such as plants, animals and minerals.

- Each Homoeopathic medicine has mental, emotional and physical characteristics.



- They are prepared according to strict guidelines set out in international pharmacopoeias and under the control of the Therapeutic Goods Administration (TGA).



Who Can Homoeopathy Treat?



- **Homeopathy can be of benefit to Everyone at any stage of their life:**
 - Men, Women, Pregnant mothers, Babies, Children , Teenagers, and the Elderly.



What Conditions Can Homoeopathy Treat?



- **Acute complaints:**
coughs, colds, flu, earache, food poisoning, travel sickness etc.
- **Chronic complaints:**
skin diseases, menstrual problems, infertility, mood swings, headaches, behavioral problems, digestive problems, Stress, migraine, arthritis, high blood pressure, asthma, allergies etc.
- **First aid situations:** bites, stings, injuries, trauma, emotional shock etc.
- **Vague symptoms:** where there are no identifiable causes of disease, but the person feels far from well.
- **Supporting conventional treatment such as cancer.**



Precautions During Homoeopathic Treatment



- No food is to be eaten at least $\frac{1}{2}$ hour before or after taking the homoeopathic medicine.
- Avoid drinking coffee and eating raw onions during homoeopathic treatment. Taking Tea or eating cooked onions is OK.
- Store the medicine away from extreme heat, direct sunlight, electrical (radiation) devices and strong smelling substances such as strong perfumes, eucalyptus or tea tree oil, mentholated liniments and camphor.



Why Use Homoeopathy ?



- **RAPID & GENTLE**
- **NO SIDE EFFECTS**
- **HOLISTIC**
- **NATURAL**
- **CURATIVE**
- **PREVENTATIVE**
- **NOT TESTED ON ANIMALS**
- **EASY TO TAKE**
- **PATIENT INVOLVEMENT**



FAQ's about Homoeopathy

Q: Can Homeopathy be used while on allopathic medications?

A: Yes.



FAQ's about Homoeopathy

Q: Are there any side-effects from Homoeopathic treatment?

A: There are absolutely no adverse side effects.

However, following effects are observed in some cases:

- Sometimes an initial intensification of symptoms
- Increased discharge of urine, faeces, perspiration, skin rash for some time – sort of “Spring Cleaning”
- The direction of cure is from within outwards. This means: some old symptoms may temporarily appear.
- **In all cases patients are found to be healthier and happier after the homoeopathic treatment**



FAQ's about Homoeopathy

Q: How long does one have to wait to find any effect from Homoeopathic treatment?

- A:**
- This depends on:
 - How long the present complaints exist
 - One's vitality, age, lifestyle etc
 - In acute situations an effect may be felt within minutes to hours.
 - In chronic situations, while effects may be felt within a few days, it may take weeks/months to resolve issues.



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Thank You for your attention.

- For any further information or
To Book for an appointment,
Please Contact:

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Questions??

