

BY DR. NARINDER S. THETHY

"The highest ideal of therapy is to restore health rapidly, gently, permanently; to remove and destroy the whole disease in the shortest, surest, least harmful way, according to clearly comprehensible principals." - Dr. Samuel Hahnmann

Heightened public awareness of the dangers of chemicals in the food chain, growing resistance to antibiotics through over-use, and concerns about the side-effects from some conventional drugs are contributing to a massive rethink about the way we live and how we seek to regain health.

Homeopathy - with its use of natural substances in minute doses, absence of harmful side-effects, and holistic and person-centred approach - is attracting an ever-widening public.

Homeopathy is a Greek word, means, "similar suffering", a system of medicine to cure diseases by the use of natural substances. According to homeopathy, when medicinal substances are given to healthy people, they produce some symptoms (sickness) similar to the conditions for which they are being treated.

Homeopathic medicines are tested on human-beings, not on animals like - rats. These medicines are manufactured unlike any other medicine. They are diluted and vigorously shaken - succeeded. This process of succession is designed to arouse the dynamic nature of the medicine, which stimulates the vital forces. - the energy that maintains life in the individual - of the body to cure the disease permanently in shortest time.

Dr. Samuel Hahnmann, the great founder of homeopathy was born in Germany on 10 th April, 1779. He received a degree of MD at the age of 24. He was a great chemist, a botanist, a mineralogist, a sanitarian and an experienced

## How "Homeopathic medicines" treat chronic and acute diseases



A patient in hospital. Homeopathy can treat acute diseases.

physician, in fact, an all around scientist. He practiced medicine as a physician, he became frustrated with the conventional medicinal techniques of his time. And after establishing the first scientific experimental principals in medicine and researching them for six years, he found homeopathy in 1796. Since then Homeopathy has gained enormous popularity world-wide.

Like Hippocrates 2000 years earlier, Hahnmann realised that there were two ways of treating ill health:

- The way of opposite: a case of sleeplessness (insomnia) is treated by giving a drug to bring on an artificial sleep. This frequently involves the use of large or regular doses of drugs, sometime which can cause side-effects or addiction.

- The way of similar or the Homeopathic way: is to give a

patient a minute dose of a substance, which in large doses caused sleeplessness in healthy person. Surprisingly this will enable the patient to sleep naturally.

The same homeopathic principals were applied in 1800's, when vaccination was discovered. The disease substance from the cowpox was injected into the humans to prevent smallpox. Cowpox and smallpox, two different diseases, share some similarities. This is an example of how vaccination is based on homeopathic principals.

According to a Homeopath, Doctor Narinder Singh of Homoeo Cure Clinic along Ngara road, "all the symptoms of ill health are expressions of disharmony within the whole person, and that's why it is the patient who needs treatment, not just the disease." The medicines are selected very carefully according

to individual cases.

The medicinal substances are triturated or diluted a lot, to prepare high potency medicines; hence they have no side-effects. These medicines are tasteless, colorless or formless. Homeopathic remedies are derived from plants, minerals and animals. Usually, these are mixed with sugar of milk (globules) and that is why they are called 'sweet medicine'. These medicines have been standardised and are prepared by reputed firms in many countries. The remedies are based purely on the symptoms of the patient and cover all stages. They are both preventive in initial stage and also curative when the condition develops into a full blown disease. Thus most diseases can be "arrested" by proper medication.

Homeopathic remedies work by stimulating the body's own healing power to heal the body, mind and spirit. This power is very great and many symptoms go away unaided. But when the healing process is fully blocked or slow, the homeopathic remedy acts as a stimulus to the curative powers of the body. To provide this stimulus your homeopathic doctor must prescribe the right remedy and the right dosage for you.

When medicinal substances are given in crude form, they cause side-effects or adverse reaction. Treatment by other systems of medicine frequently involves the use of large or regular doses of drugs, which can sometimes cause side effects or addiction. World-wide increased public awareness for accessible and effective healthcare, has raised the demand for alternative health care and dramatically towards the

homeopathic medicine.

Homeopathy is against the use of suppressive, habit forming, sedatives and toxic drugs. Homeopathic medicines can reduce chances of having to undergo surgical operations. If previously, a patient has taken strong toxic drugs, homeopathic remedies can remove the toxicity and restore the health. We try to remove the tendency of forming the disease or sickness, rather than suppressing. It's far better to cure the disease from the root cause rather than pulling the life with difficulties and creating some more complications by suppressive or aggressive treatments.

There are different homeopathic remedies for different diseases. Homeopathy is, indeed, the only available curative treatment for chronic diseases (equally effective in acute diseases) like: Depression, anxiety, fears, memory lapses, viral infections, stomach ulcers, skin diseases, constipation, diarrhoea, heart problems, asthma, sinuses, tonsils, headaches, liver problems, diabetes, tumors, obesity, arthritis, gout, bronchitis, stomach ulcers, colitis, gonorrhoea, syphilis, herpes, men's sexual problems, impotency, skin diseases, high blood pressure, migraine, piles, sleeplessness, abuse of alcohol or narcotic drugs etc.

Female problems: Pelvic inflammatory diseases (PID), inflamed fallopian tubes, vaginal discharges, menstrual disorders, infertility, continuous heavy bleeding, dryness or painful sex, itching cysts / fibroids, lack of sexual desires, painful menstruation, infertility etc. In homeopathy a patient is treated as a whole, a patient has to disclose all their ailments and feelings from head to toe.

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