

*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, and according to clearly comprehensible principles - Samuel Hahnemann, founder, homeopathy.*

**H**omeopathy (Greek word for similar suffering) is a system of curing diseases by the use of natural substances, which, when given to healthy people, produce symptoms similar to the conditions which they are being treated. The substance stimulates the body's own healing abilities to effect a deep and long lasting cure. They tone up the immune system in a natural way to be strong enough to fight against the cause of the disease.

Based on the law that says 'let likes be cured by likes', this medical science was founded by Dr. Samuel Hahnemann of Germany in 1796. Dr. Hahnemann received his degree in medicine at the age of 24, was a great chemist, a good mineralogist, botanist, a sanitarian and an experienced practical physician, in fact an all-round scientist.

After practicing medicine as a physician, he became frustrated with conventional medicinal techniques of his time. He embarked on some scientific experiments. After six years' research he founded homeopathy in 1796. In 1826, homeopathy was introduced in North America and quickly gained enormous popularity. By the late 19th century, one out of every six physicians in the USA was a homeopath.

# HOMEOPATHY

## The alternative health care

According to a Homeopath, Doctor Narinder Singh, homeopathic remedies work by stimulating the body's own healing power. This power is very great and many complaints heal themselves 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, the homeopathic doctor must prescribe the right remedy and the right dosage for you.

Homeopathic medicines are derived from elements, which have medicinal properties such as plants, animals and their poisons, minerals and chemicals.

Conventional treatment frequently involves the use of large or regular doses of drugs, which can sometimes cause side effects or addiction.

In homeopathy it is the opposite. A patient is given a minute dose of medicine from these substances. So these substances are in very diluted and triturated form, which ensures they are not harmful hence have no side effects. When thus diluted and triturated repeatedly, they prepare high potency medicines which are tasteless, colourless and formless. Usually, these are mixed with sugar or milk (globules) and that is why they are called 'sweet medicines'. They are said to have long lasting effects on physical, mental and complicated illnesses.

The medicines treat a wide range of conditions, including acute infections and injuries, chronic diseases

and emotional disorders. Epilepsy, asthma, arthritis skin problems (eruptions), and sexual problems such as lack of desire, women's problems such as painful sex, dryness, issues, heavy bleeding and fibroids are among the many conditions treated through homeopathy.

"All the symptoms of ill-health are expressions of disharmony within the whole person, and that is why it is the patient who needs treatment, not just the disease," says Dr. Narinder of Homoco Care Clinic. He adds that the medicines are carefully selected according to individual cases, to stimulate the body's own defense system to heal the body, mind and spirit in harmony, without toxic side effects.

Homeopathic 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 the initial stage and also curative when the condition develops into a full-fledged disease. Thus, most diseases can be aborted by proper medication.

There are several homeopathy clinics, mainly in Nairobi, offering alternative health care. Although not many people are familiar with homeopathy, it is becoming increasingly popular in the treatment of the various diseases and conditions.

Dr. Narinder can be reached at Homoco Care Clinic along Ngara Road near Fig Tree hotel or on Telephone: 57551111 / 0722-722105.