



The Natural Pharmacy

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Contemporary Homeopathic Practices

The American Association of Homeopathic Pharmacists (AAHP) publishes a reference handbook for the pharmacist titled *Introduction to Modern Concepts of Homeopathic Pharmacy*. In it, the AAHP introduces the various types of contemporary homeopathic practices as follows:

Classical Homeopathy

The classical homeopathic method entails taking a thorough case history through an in-depth interview with the patient. Likes and dislikes, fears and modifying influences that make the symptoms better or worse are discussed and documented. These modifying influences are known as modalities. Modalities can include temperature, lateralities (left or right side), time of day, weather (damp or dry), heat or cold and movement, as well as a variety of other influences. These modalities help create the "similarity" picture. The classical homeopath takes into account an individual's constitution or physical characteristics. All of this data is used to "score" the case by looking in a repertory or computer program for analysis. The most appropriate drug is then selected. The classical homeopath believes in giving one drug at a time in one potency. This approach is the most time consuming of the methods for prescribing homeopathic drugs and was developed in an era when people took the time to talk to each other. Classical homeopathy is still used today, although many professionals realize that proper nutritional status and other influences (i.e. cellular toxicities) may impact a person's health.

Clinical Homeopathy

The clinical homeopathic method of prescribing is symptom-driven. The selection of a drug is based on the predisposing factors or symptoms. More than one drug may be given at the same time, but it is not usually done. With this approach, a drug is selected because it has a particular affinity for the patient's condition or symptom. Potencies may be selected from low to high. This type of homeopathy may be combined with nutritional and herbal supplements, as well as other complementary therapies.

Complex Homeopathy

In complex homeopathy, several components are combined into one formula to create a desired effect. In general, the components in a complex formulation tend to be below 24X and are usually below 12X. This approach may combine the use of nutritionals and/or herbals, as adjuncts to the homeopathic drug. This is a convenient method to use because it takes less time to select the appropriate drug and good results can be achieved due to the broad spectrum of activity of the product.

Homotoxicology

The homotoxicology method of homeopathy was developed by Dr. H. H. Reckweg in the 1950s. Dr. Reckweg designed a system of looking at how the body deals with toxins and the progression of disease as it relates to symptoms. When the body no longer effectively deals with the elimination of toxins, physiologic changes occur that eventually cause antimetabolic activity and cellular degeneration. These changes culminate in the progression of symptoms which may lead to a disease state.

Reckweg used complex homeopathic preparations designed to restore enzyme and organ function and to eliminate toxins. One of the types of formulations Reckweg developed was the homaccord, or a homeopathic drug that contains several dilutions of the same ingredient. For example, phosphorus homaccord would have several potencies of phosphorus, such as 6X, 12X, 30X and 200X, all in the same solution. This approach is based on the assumption that the various dilutions contain different resonant characteristics that will affect the body differently, but with an overall harmonious effect.

Other methods of homeopathic practice are little known in the United States, but are widespread in Europe. As technology brings the world even closer together, the pharmacist and clinician should be familiar with the nomenclature, to help inquiring patients understand the growing field of complementary therapies.

Anthroposophical Medicine

Founded by Rudolf Steiner, the objective of anthroposophical medicine is to look at a human being as a whole entity within the art of healing. In evaluation of health, illness and healing, the anthroposophical physician bases his/her considerations not only on the physical laws of natural scientific medicine but also takes into consideration those aspects that cannot be encompassed by natural science. Anthroposophy perceives the human being as consisting of four essential elements: the physical body, the organization of vital forces, the organization of feelings within the soul, and the spiritual organization of the ego.

Health is understood as a state of equilibrium – requiring continual reinstatement – among the influences exerted by these various elements of the human being. A disturbance in the interrelation of these forces initiates illness. In addition to therapy with homeopathically produced anthroposophical preparations, anthroposophical treatment also incorporates other modes of therapy and medication. Every patient receives comprehensive information, enabling him or her to actively participate in their healing process. These measures help to activate the self-healing powers within the patient.

Schussler's Biochemistry

Schussler, a homeopathic physician, developed a method of biochemical therapy which has been utilized since 1872. Based on his experience in the field of homeopathy, Schussler developed the theory that interprets illness as the result of a disturbed mineral balance within individual cells of the body. This technique employs a limited number of mineral compounds, which analysis reveals to be present within the human body in elementary form. Like Hahnemann, Schussler viewed his form of treatment as a stimulation therapy which helps the body regain its regulatory capabilities, thereby restoring it to a state of good health.

Isopathy

Isopathic medicine in a strict sense involves direct employment of the pathogenic substance (ison or isode) to treat the illness it has caused. An excellent example is amalgam-expulsion therapy which administers potentized amalgam (D12 and higher). The ison or isode is employed not only for the purpose of curing diseases, but also for defending (i.e. strengthening and detoxifying) the organism. In a broader sense, the pathogenic substances act indirectly, by means of stimulating reactive processes with the organism, e.g. homeopathically-prepared vaccines.

Gemmotherapy

Established by Dr. Henry of Brussels, gemmotherapy employs glycerin macerates made from fresh, embryonic plant tissue, such as young shoots, rootlets and the inner bark of roots and stems. These possess drainage-promoting properties. The stimulating action these products exert on the reticulo-endothelial system (RES) has been demonstrated by means of the Halpern test, a test primarily employed in allergology. These drainage-promoting preparations activate the eliminatory organs, thus facilitating detoxification of the organism.

Resonance Homeopathy

Resonance, a natural process of physics, signifies the concomitant sonance or intensive co-oscillation of systems whose own vibrations are slightly damped. This accompanying oscillation occurs upon agitation by relatively weak external forces having equal – or nearly equal – frequencies as the system's own. During the course of research, resonance relationships were found to exist between various decimal potencies of homeopathic preparations and cellular structures. Resonance homeopathy uses homeopathic preparations in accordance with the resonance principle. The majority of these complex resonance preparations contain three ingredients that fulfill the definition for resonance-evoking substances.¹

Homeovitics

A relatively recent innovation is the use of homeopathically prepared

nutraceuticals, termed homeovitics. They are primarily used to support the body's ability to detoxify on a cellular, energetic level. This is a normal function of the body to maintain homeostasis. Homeovitics help remove what Dr. Hahnemann referred to as "obstacles to cure," cellular toxins. They are also used to support cellular regeneration and formulations include such popular nutraceuticals as coenzyme Q10, SAME, alpha lipoic acid and NAD in a potency spectrum or homaccord.^{2,3}

Conclusion

All of these homeopathic practices coexist and are often complementary to each other. As an example, gemmotherapy, homeovitics and homotoxicology can be used prior to classical or clinical prescribing to present a more focused symptom picture or modalities. The natural pharmacist and physician should be familiar with all of these approaches if he or she elects to prescribe, dispense or sell homeopathic drugs.

Resource:

American Association of Homeopathic Pharmacists, 800-478-0421, homeopathicpharmacy.org.

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