The Five Elements and Homotoxicology

By Don Davids, DOM

“The Theory of Five Elements holds that Wood, Fire, Earth, Metal and Water are basic materials constituting the material world. There exists among them an interdependence and interrestraint which determines their state of constant motion and change” (Biopuncture by Kerschot).

The theory of Five Elements is applied to assist in determining both diagnosis and treatment of disease. Considering that it was developed over 2000 years ago, this was actually an extremely advanced model of physiology and pathology.

Western medicine uses allopathic substances to treat causative factors, while Chinese medicine incorporates anti-pathogenic factors such as Qi or Vital Force, to which they attribute their effectiveness.

Homotoxicology employs the Greater Defense System (Psycho-neuro-immunology), which can be compared to the Vital Force, as it signifies regulation ability. In homotoxicology, the emphasis is thus also on the ability of the specific organism to deal with the causative factor, rather than only on the causative factor alone. These therapeutic strategies, being so similar, account for the complimentary action of Homotoxicology and Chinese Medicine.

Homotoxicological treatment may be utilized in the 5 Element theory (as shown below) in order to bridge Chinese medicine and Homotoxicology. The main focus will be on the Zang (Yin) organ systems. It is up to the physician to use skill in differentiating and selecting the exact homeopathic remedy. Each patient is an individual and may possess qualities of more than one element. Here is a brief overview of choices of antihomotoxic remedies for consideration when using the “five element” treatment.

The Five Elements and Homotoxicology

![Five Element Chart and Homotoxicology Diagram](image)