

## **Single homoeopathic remedies versus combination preparations from Heel – the present situation**

**The majority of homoeopathic remedies used in Germany are no longer classic Hahnemann single remedies. Instead, combination homoeopathic preparations have found such favour with users and prescribers that they are the best sellers, with a market share of about 70%. Heel homotoxicology offers a special form of therapy using homoeopathic combination preparations.**

### **What are combination preparations?**

Classic homoeopathy using single remedies is based on the patient's individual symptoms, with both body and soul included in the examination. After recording all the symptoms, the therapist selects the remedy suitable for the patient and his/her condition (repertorization). By contrast, combination homoeopathic preparations are generally used as in traditional medicine, i.e. according to indications such as rheumatic complaints, for example.

Combination preparations contain several homoeopathically adjusted active substances and are popular with doctors and patients because they are effective, simple to use and well tolerated. They thus fill a gap which previously existed between traditional medicine and homoeopathy. For this reason combination preparations are also referred to as the missing link between the two forms of treatment.

### **Why combination preparations?**

Even classic homoeopathy offers a simplified procedure, by distinguishing between organotropic and personotropic therapy. The personotropic approach is the detailed method described earlier. The organotropic method of treatment is based on the leading symptoms. Choosing the appropriate remedy is correspondingly simpler and quicker. Homoeopathic medicine cabinets containing single remedies are put together in this way.

Combination preparations go one step further. The homoeopathic active substances they contain are combined in such a way that they are directed against as many symptoms of a disease as possible. They can then be used "indication-specifically".

### **What is homotoxicology?**

Heel homotoxicology offers a special form of therapy using homoeopathic combination preparations. Homotoxicology is a separate theory of disease based on the premise that poisons (homotoxins) are involved in causing diseases. Over time, massive quantities of homotoxins are deposited in the connective-tissue ground substance (the matrix), where they disrupt the metabolism and the immune system, both key factors in health.

Combination preparations are available for basic therapy, such as Traumeel for treating sports injuries, Zeel for rheumatic joint disorders or Nervoheel for emotional distress. These remedies alleviate the symptoms. A "matrix remedy" such as Lymphomyosot can aid the healing process by eliminating homotoxins. Specialist Heel preparations such as biocatalysts are available for revitalizing disturbed regulatory circuits and blocked metabolic functions. Additional methods such as homoeosiniatry or progressive auto-sanguis therapy complete the range of treatments available.

Homotoxicology thus also offers therapists well versed in naturopathy the option of giving holistic treatment.

### **Is there any scientific evidence?**

Heel has begun to prove the efficacy of combination preparations scientifically by means of studies. Thus, therapeutic equivalence with the standard preparations commonly used in traditional medicine has been demonstrated in comparative studies. Results of this kind are available for Cralonin<sup>1</sup> (geriatric heart), Luffeel comp.<sup>2</sup> (hay fever), Lymphomyosot<sup>3,4</sup> (concomitant therapy in diabetes), Traumeel<sup>5</sup> (epicondylitis), Zeel<sup>6,7</sup> (rheumatic joint pains), Vertigoheel<sup>8,9,10,11</sup> (dizziness), Viburcol<sup>12</sup> (agitation with or without fever in children), Gripp-Heel<sup>13</sup> (the common cold) and Spascrupeel<sup>14</sup> (spasms of various kinds).

The results of a study from Israel are of great clinical importance. The study demonstrated the protective effect of Traumeel on the oral mucosa<sup>5,15</sup>. Here, the ampoule solution was used as a mouthwash and as a measure accompanying chemotherapy in children. In this way it was possible to prevent the mucosal inflammation of the oral cavity which often occurs and can sometimes even lead to the tumour therapy being halted.

The results of basic research are particularly important for the scientific reputation of homeopathic remedies. Thus, an antiviral effect was shown with Euphorbium comp.<sup>16</sup> (infections of the nose and throat), inhibition of the COX/LOX enzyme systems with Zeel comp.<sup>17</sup> (rheumatic joint pains) and cytoprotective activity with Hepeel<sup>18</sup> (hepatic dysfunction).

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