

An interview with Prof. Dr. Hartmut Heine, Institute of Antihomotoxic Medicine and Ground Regulation Research, Baden-Baden, Germany

Published in the German magazine "Frau im Spiegel", 36/2002, entitled "Modern Homeopathy – Ideal for Women. New combinations of active principles in naturopathy provide specifically targeted medicines for illnesses and injuries".

People in Germany - and women in particular - swear by naturopathic remedies. This applies in particular to herbal treatments and homeopathy, a new variation being the so-called combination preparation homeopathy. What does this term imply?

Heine: According to classical homeopathy, an individual, highly dilute, active single remedy is administered in the form of drops or granules in accordance with the symptoms rather than on the basis of the "complete" illness, e.g., osteoarthritis, in conventional medicine. The approach is quite different in the case of homeopathic combination preparations. They contain several active remedies so that they are suitable for diseases such as osteoarthritis - just as conventional medicine. To distinguish combination preparations from single remedies they are referred to as "modern homeopathic preparations".

Several active remedies in one preparation - for one illness?

Heine: By combining several ingredients, the spectrum of activity is extended. Let us take vertigo as an example. Depending on the main symptom - i.e., rotatory vertigo or swaying vertigo or accompanying nausea - different substances could be used as single remedies. If several of these substances are administered in one preparation, vertigo of different types can be treated. The combination preparation Vertigoheel/Ventigoheel provides a practical example. It contains four homeopathic remedies. In the course of scientific investigation, it has been shown that its overall effect is greater than the effects of its individual remedies.

Doesn't this sound like conventional medicine ... wouldn't Hahnemann turn in his grave?

Heine: I don't think so. Both methods can coexist without interfering with each other. Hahnemann, too, combined several individual remedies in his later years. He was thus quite aware of the fact that a more rapid treatment with a wider spectrum of effectiveness can be achieved by administering several remedies.

Which other ailments are treated with combination preparations?

Heine: Combination preparations can be used in the case of allergic complaints (hay fever), joint problems (osteoarthritis), cardiovascular diseases, gastrointestinal problems, vertigo and sports injuries.

What is the special characteristic of this treatment method?

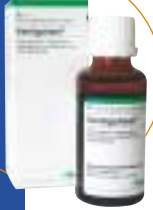
Heine: Combination preparations act quickly, like the drugs used in conventional medicine. However, because of their homeopathic constituents, they retain all the advantages of homeopathy, i.e., a high level of compatibility and a low level of side effects. Homeopathic combination preparations thus represent a sort of bridge between conventional medicine and classical homeopathy.

Is there any scientific proof of effectiveness - knowing that no such proof has yet become available for homeopathy?

Heine: Proof of effectiveness has been provided by scientific studies for a large number of homeopathic combination preparations, e.g., Zeel against osteoarthritis, Vertigoheel for vertigo, Cralonin for heart problems. In addition, results of research into the mechanism of action are available. For example, antiviral effectiveness has been demonstrated by a nasal spray (Euphorbium), against the common cold. It has also been shown that certain homeopathic remedies (e.g., arnica in the combination preparation Traumeel) stimulate the immune system to produce special messenger substances. However, the actual reason for the effectiveness of homeopathic medicine has not yet been discovered by research.

What dosage forms do homeopathic combination preparations take: liquids, granules, tablets ...?

Heine: Single-constituent and combination preparations are produced according to the same recipe book: the so-called Homeopathic Pharmacopoeia (German: HAB). This describes how the different remedies are prepared and mixed for combination preparations. Grinding in the case of tablets and shaking of drops are examples of the pharmaceutical methods used.





What other differences are there in comparison with classical homeopathy which looks at a person as a whole and consequently considers factors such as environmental influences, nutrition etc.?

Heine: In the case of combination preparation homeopathy, a person is also viewed as a whole with respect to his/her environment. This is made possible by a special form of homeopathy, namely homotoxicology. Homotoxicology starts out from the fact that man (homo) is made ill by noxious substances (toxins). The corresponding homeopathic combination preparations are designed in such a way that they attempt to remove these damaging substances from the body. This method is referred to as “antihomotoxic” treatment.

What form does the therapy take: a comprehensive history of the patient etc. as taken down by the alternative medicine practitioner?

Heine: In the case of antihomotoxic treatment, the connective tissue is always taken into consideration. It is assumed that the damaging substances are deposited in the connective tissue and inhibit its action in the course of time. The connective tissue is highly important for the transportation of substances within the body. In this context, the term “connective tissue” does not refer to tendons and bones but to a spongy substance which is present throughout the body between the organs and beneath the skin. Certain special antihomotoxic medicines (e.g., Lymphomyosot/Lyphosot) are available to mobilize these noxious substances. A doctor or practitioner of alternative medicine familiar with antihomotoxic teaching will take this into account. In addition, he/she can stimulate excretory organs such as the liver, kidneys and intestinal tract as well as aspects of the metabolism by so-called biocatalysts. A concrete example is as follows: someone who goes to the doctor while suffering from osteoarthritis may first receive a homeopathic combination preparation for acute pain. In addition, the doctor may use other combination preparations to treat the causes and prevent possible further damage.

Another new term: antihomotoxic medicine. What does this mean?

Heine: Antihomotoxic medicines are homeopathic combination preparations which are administered in order to remove noxious substances (homotoxins) that have penetrated into the connective tissue. Research has been carried out which provides proof of a substantial improvement in the problems caused by homotoxins, as in the case of diabetes. It is not yet clear by which route the homotoxins are removed from the connective tissue. Further research in this respect is required.

What are homotoxins?

Heine: The term “homotoxins” should be understood to mean any noxious or toxic substance which acts upon the organism from the environment. In the last 100 years alone, 150 million new chemical compounds have been invented, many of which are capable of acting as homotoxins. Additionally, metabolic products produced in the body also need to be regarded as homotoxins. Only if the body succeeds in regularly eliminating homotoxins absorbed from outside or formed within the body will it be possible for biological equilibrium and easy transportation of substances within the body to be maintained. Otherwise, the connective tissue will be permanently overburdened, leading to illness.

Are there limits when using combination preparation homeopathy?

Heine: Antihomotoxic preparations are a special form of homeopathic combination preparations. They make it possible to influence the underlying causes by going further. However, it must be stated clearly at this point that far-reaching changes such as alterations of joints in the case of rheumatic diseases or cellular changes in the case of cancer or deficiency diseases (e.g., insulin deficiency with diabetes) cannot be reversed with antihomotoxic medicines. Still, the accompanying phenomena can be favorably influenced.

Can we say that both terms represent a bridge between conventional medicine and homeopathy?

Heine: For a long time it was believed that classical homeopathy and conventional medicine were in no way compatible: mild, whole-person and individual homeopathy on one hand and rapid-action, scientifically proven conventional medicine on the other hand. Homeopathic combination preparations and antihomotoxic combination preparations are filling this gap more and more. They have the advantage of retaining the mild characteristics of homeopathy. In addition, combination preparations have been scientifically researched in many cases and can be used by anyone. Combination preparations are the trend and are nowadays being used much more frequently than conventional single remedies.

