

Recent Trends in Homoeopathy

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Abstract: *Recent trends in Homoeopathy Key features of Homoeopathy Benefits of Homoeopathy Role of homeopathy in new trends Palliation Prevention Treatment.*

Keywords: Homoeopathy, Palliation Cure Cancer, Treatment, Mode of Treatment

1. Introduction

Homeopathy in today's generation is a rapidly growing system and is being practiced almost every corner of this world. In India specifically it has become a household name due to the safety of its pills and gentleness of its cure. Homeopathic treatment is something very different from other system of medicine. Around 10% of the population depends upon this system.

It is more than a century and a half now that Homoeopathy is being practiced in India. It has blended so well into the roots and traditions of the country that it has been recognized as one of the National System of Medicine and plays a very important role in providing health care to a large number of people. Its strength lies in its evident effectiveness as it takes a holistic approach towards the sick individual through promotion of inner balance at mental, emotional, spiritual and physical levels.

The word 'Homoeopathy' is derived from two Greek words, 'Homoios' meaning similar and pathos meaning suffering. Homeopathy simply means treating diseases with remedies, prescribed in minute doses, which are capable of producing symptoms similar to the disease when taken by healthy people. It is based on the natural law of healing-"Similia Similibus Curantur" which means "**LIKE CURES LIKE**". It was given on scientific basis by Master Dr. Samuel Hahnemann (1755-1843) on the basis of various Drug proving theories, in the early 19th century. Even today Homoeopathy has a grab hold on new trends based on palliation Trichology, Prevention, Aesthetic, life changing disorders etc.

2. Homoeopathic Remedies

"Remedy" is a technical term in Homoeopathy that refers to a medicine which can treat specified disease completely and safely. It should not be confused with word, "a medicine or therapy that cures disease or relieves pain".

Homeopathic practitioners rely on two types of reference while prescribing any Remedy: Materia medica and repertories. A homeopathic Materia medica is a collection of "drug pictures", organized alphabetically by "remedy," that describes the symptom patterns associated with individual remedies. A homeopathy repertory is an index of disease symptoms that lists remedies associated with specific symptoms.

Homeopathy uses different type of animal, plant, mineral, and synthetic substances in its remedies. Examples include Arsenicalbum (arsenic oxide), Natrum muriaticum (sodium chloride or table salt), Lachesis muta (the venom of the bushmaster snake), Opium, and Thyroidinum (thyroid hormone). Homeopaths also use treatments called Nosodes (from the Greek nosos, disease) made from diseased or pathological products such as fecal, urinary, and respiratory discharges, blood, and tissue. Homeopathic remedies prepared from healthy specimens are called sarcodes.

3. How actually Homoeopathy remedy works?

Many don't have any idea regarding this! so we are still the 10% population using it. It is basically the Law of Similia which state that "Like cures like"

In an simple day to day example I can list out some examples, Like for e. g., Take an onion which is very common so when we slice onion, we come out with tears? Have any idea why is that so? It's basically When an onion is sliced or diced, the onion's cells release these compounds into the air. When this occurs, "enzyme" works to alter the amino acids into lachrymator compounds. This form of sulfuric acid irritates the nerves around the eyes making them tear. So in this system we deal with Materia Medica to get the clear picture of any disease, we look out for symptoms if a symptoms come out to be tear in any of the case we use allium cepa (onion) may be we have better remedy than this, this is only a simple example to understand law of similia.

4. Homoeopathy Role in Modern World!

1) Aesthetic

Many Dermatologist's disease do not have definitive cures and available treatment and sometime medicines lead to serious side effect, and due to this patient lead to more corresponding effect over the run.

Homoeopathy by nature deals with therapeutic system/method based on individuality. It has been suggested by various Dermatologist that many complaints are mostly due to mental health.

According to the literature in Homoeopathy suggest this system in a very productive manner in cases like Psoriasis, Acne, Hair loss, improving hair quality etc.

Allergy and Toxicity are not expected as such with the use of the homoeopathy treatment but can end up having slight aggravation and amelioration. Patient should know this, as this is an important sign for correctly selected remedy, which may bring up anxiety to patient.

Homoeopathy treatment should usually be given by trained and experienced physician, so that he/she can manage to select proper remedy.

And usually following the application of selecting proper remedy will have a tendency of permanent remission.

2) Prevention

Homoeopathy has been used to treat epidemic disease since the time of Hahnemann, in which he used belladonna to treat scarlet fever. Even today Arsenic album is used as preventive medicine against COVID19 infection. So Homoeopathic have wide range in prevention. Since then several Approaches using Homoeopathy for epidemic have been proposed including individualization, combination, remedies and Isopathy.

Several different Homoeopathic methods can be used to treat epidemic disease. The only challenge for the future is that we need more trials. if when conventional medicine runs out of option for treating epidemic disease, Homoeopathy would be seen doing much more better but vigorous trials are required. Treatment with genus Epidemicus can also be successful if based on data from many practitioners.

3) Palliation

The thing which I used to worry about when seeing people with disease like cancer at their terminal stage, nobody likes to be treated with those tubes connected everywhere in the body emitting out of pain.

Such patient require comfortable environment and there are instance where Homoeopathic treatment come out of great help.

Homoeopathic treatment provides great palliation in terms of pain and general relief.

Palliation is the temporary relief of symptoms without curing the patient.

When one looks at modern medicine one finds its full of palliation, Doctors in the hospital frequently suppress the disease by palliating individual symptom which is dangerous in long term as it may make simple acute cases like cough and cold into full fledged asthma or any other problems. but people wants this disease to get cure as soon as possible so they end up suppressing the symptoms but these people should know by doing this it will end up in some complicated case further and may turn out more severe and this is where homoeopathic treatment works out by palliating the disease without causing harm.

4) Life style changing disorder

India over past decades has seen enormous growth in lifestyle disease. The term “lifestyle disease” itself means a disease which is acquired depending on the lifestyle. disorder like hyperthyroidism, early diabetes, depression, mood disorders, obesity, hypotension, etc.

Homoeopathic medicine act very well in these problem, It act at much deeper level both at physical and mental level so as to bring balance of person physical and emotional health. The benefit of homoeopathy is that when a person takes the right remedy not only does the disease being targeted is cured but also the overall immunity of the person is also boosted and their tendency to any other disease they are susceptible also reduces.

Patient become less prone to disease, infection and stress management also improves drastically in the sense which triggers stress will no longer cause stress and people will remain healthy and stress free.

People who opt for homoeopathic treatment for long way, with adding up more physical exercise and having healthy fruits and vegetable can keep disease far away and can maintain better health. So choosing Homoeopathy as a treatment is recommended for having better health.

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