



Introduction to Homœopathic Medicine and a Treasure Chest of New Possibilities

University of Colorado School of Medicine

Strauss-Wisneski Lecture Series

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“Sickness will surely take the mind where minds don’t usually go, come on the amazing journey and learn all you should know.”

The Who, from the rock opera *Tommy*

Contrast in Paradigms: Reductive vs. Nature-oriented

Sickness as a scourge—goal of subduing nature rather than working with her.

Sickness as a manifestation of a state of imbalance—goal of supporting and enhancing the inherent healing forces to restore the balance.

Objectives

- To introduce the specialty of homeopathic medicine and familiarize you with the principles
- To encourage expansion of your paradigm of health and illness regarding natural healing
- To encourage one or more of you to inquire further and perhaps utilize homeopathic medicines



My professional medical history

University of Colorado School of Medicine 1968

(first heard the word “homeopathic”)

Rotating internship 1968-69

Hennepin County General Hospital, Minneapolis

U.S. Public Health Service, Indian Health Service,

Navajo Reservation Crownpoint N.M. 1969-70

M.S. Health Planning and Administration, Univ. of Colo. 1973

Outpatient physician La Mariposa Clinic,

Denver Department of Health and Hospitals 1975-1988

Introduced to homeopathy 1975, introductory training in 1976,
began using in clinic 1976

Solo private practice (family medicine and homeopathy) since
1977 (part time) and 1988 (full time)

Allen J. Nossaman, M.D.



Clinical Case

S.R., 3 ½ year old girl with cc: Joint pain and swelling, seen 2 wks. before our first visit at Children's Hospital Rheumatology Clinic with diagnosis of juvenile inflammatory arthritis, (sometimes called juvenile idiopathic arthritis)

Salient subjective features of the case:

Knee and ankle pain and swelling for the past 3 months, affecting her gait. Worse with first motion, improving partly with continued motion.

Positive family history for multiple cases of rheumatoid arthritis on father's side.

Day of onset coincided with parents' beginning couples' counseling for ongoing marital problems.

Objective Data

Both knees and ankles swollen and tender on physical examination, with marked synovial thickening. Walked gingerly, with a waddling gait.

ESR **42** (0-20 normal), CRP **40.7** (0-4.9 normal) ANA, RA negative, Hgb. **10.6** (10.9-13.5), WBC 7.7, Platelets **585K** (150-440 K) and MCHC **32.6** (33-36)

**Diagnosis: juvenile inflammatory arthritis,
iron deficiency anemia or anemia from the JRA.**

Additional Symptoms

(The previous symptoms and findings indicated the diagnosis, and are common symptoms of childhood inflammatory arthritis)

Additional (Individualizing) symptoms and findings:

- Extremely imaginative child—spent a lot of time alone in fantasies.
- Previously loved to dance—a very important part of her life.
- Fear from noise
- Slept in the knee-chest position
- Whenever possible taking off her shoes and socks
- Aversion to crowds
- Perspiration of her scalp when sleeping
- Thinning of hair on top of her head, with freckles visible there

The common symptoms of chronic inflammatory arthritis, along with the individualizing symptoms of this child, indicated the medicine *Sepia Officinalis*, made from the ink of the cuttlefish.

Over the next six months, beginning soon after the first prescription, along with dietary recommendations from their family N.D., her symptoms improved steadily. Her pain, joint effusions and synovial thickening resolved totally and she was able to dance again with great vigor. Her parents sent me a video of her doing an improvisational dance with leaps and pirouettes.

Why was she given *Sepia* and why did it help her?



Sepia Officinalis—the cuttlefish

Contrast of Homeopathy with Allopathy

Homoio=same or similar *Pathos*=suffering

Allos=other

Homeopathy—medicine of similars—**with individualization**

Allopathy (mainstream medicine)—medicine of opposites, ex. antibiotic, antidepressant, anti-inflammatory, antipyretic, etc. **Relatively uniform application of therapies**

Combatting and suppressing the expression of nature vs. supporting and enhancing the expression of nature.

History of Homeopathy

Samuel Hahnemann M.D. 1755-1843 German physician.
(he was 2 when Mozart was born and 15 when Beethoven was born)

Disillusionment

Translation of Cullen's *Materia Medica*

Peruvian bark

Hypothesis—like cures like—that a substance that creates a certain set of symptoms in a healthy person will cure that same set of symptoms in a person who is ill.

Samuel Hahnemann, M.D.



Proving: Pharmacological Research

Healthy volunteers — with varying degrees of sensitivity

“Washout period”

Administration of substances (animal, mineral or vegetable) in sub-lethal doses

(Compare with PDR or lists of side effects)

Detailed recording of symptoms

Cognitive, emotional, environmental, food cravings, specific system symptoms with ameliorating and aggravating factors in relation to specific and general symptoms (Belladonna, for example)

Most important were the symptoms common to multiple subjects

The constellation of symptoms caused by each substance tested were then catalogued and clinically tested with (prescribed for) individuals who were ill, with a similar array of symptoms. The results were positive, i.e., the medicines were curative, when a high degree of similarity existed between the known symptoms caused by the substance (medicine) and the symptoms exhibited by the patient.

For example, Arsenic, administered to test subjects in sub-lethal doses produced a high degree of restlessness coupled with anxiety, a fear of being alone, an aggravation of symptoms after midnight, increased activity of mind, chilliness and burning pains paradoxically relieved by heat, to mention just a few of the “proving” symptoms.

This medicine (in minute doses) was then prescribed in clinical situations such as asthma, insomnia, anxiety neurosis, abdominal pains, etc. in which the symptoms of the patient matched the symptoms of arsenic poisoning.

Other examples: Nitroglycerin and Coffee

Ritalin and hyperactivity, Ipecac and nausea/vomiting

Simillimum Principle

“Let likes be cured by likes”

Similia similibus curentur

Denver Homeopathic Hospital early 1900's
(photos courtesy of Colorado Historical Society)





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Other instances of the principle of similars—the metaphor of the mirror:

Mirroring in life and psychotherapy

Burned fingers

Navajo healing ceremony

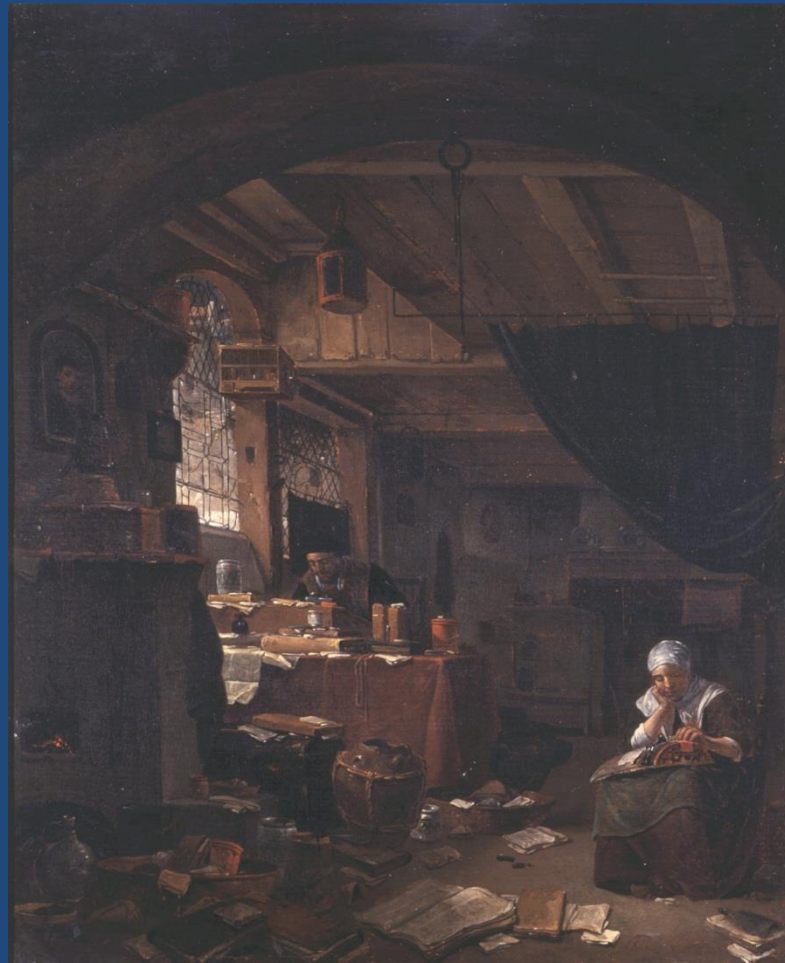
Tinnitus

Aikido

Biblical reference: image of the brazen serpent (Numbers 21:5-7)

“There is in the human body a certain æthereal substance, which preserves its other elemental parts and causes them to continue...the Philosophers (*alchemists*), through a kind of divine inspiration, knew that this virtue and heavenly vigour can be freed from its fetters, not by its contrary...but by its like.” (Written in the 15th century by Gerard Dorn, an alchemist, in *Theatrum Chemicum*, quoted in ¶114 of *Mysterium Coniunctionis*, Vol. XIV, *Collected Works*, C.G.Jung)

The Alchemist and his *Soror Mystica*



Psyche and Substance p. 9, “ ‘That which wounded shall heal’ is the oldest known formulation of the *simillimum* principle...and is ascribed to the Delphic oracle in reply to the injury of Telephos.” (Telephos means the far shining light).

Potentization

Because of the initial intensity of reaction to the crude substances prescribed, even in small doses, Hahnemann sought to mitigate the strength of that initial reaction by attenuating the dosage even further. This process, because it not only lessened the initial aggravation to the medicine but also (*paradoxically*) enhanced the healing response, came to be called potentization, or dynamization.

Potentization, continued

Crude substance, soluble or insoluble in 95% alcohol solution. (If insoluble, initially prepared in mortar and pestle)

Serial dilution (1:10 in 'x' or decimal potency, 1:100 in 'c' or centesimal potency)

Agitation (succession) at each step.

Potentization (centesimal scale) with 95% alcohol solution as diluent

1:100 dilution of original tincture, with succussion

1:100 dilution of an aliquot from the first vial in a second vial, with succussion

1:100 dilution of an aliquot from the second vial in a third vial, with succussion

And so on sequentially, 30 times, 200 times and more

Elements of potentization

Avogadro's number: 6.022×10^{23} (molecules/ mole of substance)

Implication: Dynamization beyond 23 times (decimal) or 12 times (centesimal) should leave no remaining molecules in solution.

Therefore...

“Homeopathy doesn’t work
because it can’t work”

(The principal and root criticism of
homeopathic medicine)

**Oliver Wendell Holmes: “...homeopathy and other
kindred delusions...”**

Countless other skeptics.

How is the paradox resolved?

- Research
 - Clinical
 - Laboratory
- Advances in understanding—physics and chemistry
 - Properties of water
 - Nano physics and chemistry
 - Subtle energies
- Experience

From *The Golden Treatise of Hermes* “The bodies of the metals are domiciles of their spirits...when their terrestrial substance is by degrees made thin, extended and purified, the life and fire hitherto lying dormant is excited and made to appear. *For the life which dwells in the metals is laid, as it were, asleep [in senses]; nor can it exert its powers or show itself unless the bodies (that is, the sensible and vegetable media of life) be first dissolved and turned into their radical source.*

- “To dismiss repeatedly observed experiences out of hand as “anecdotal” or “unscientific” without testing whether the observations can be verified in their own terms and under their own conditions and phenomenological requirements is not in keeping with a true spirit of science” Whitmont, E.C. **The Alchemy of Healing: Psyche and Soma**. North Atlantic Books, Berkeley, California, 1993, p. 42.

Back to the case example...

Common symptoms — included in the provings of *Sepia*

The joint symptoms, the findings of chronic inflammation

Individualizing symptoms — characteristic of *Sepia* in the provings:

- Extremely imaginative child—spent a lot of time **alone** in fantasies.
- Previously loved to **dance**—a very important part of her life.
- Fear from noise
- Slept in the **knee-chest position**
- Whenever possible taking off her shoes and socks
- **Aversion to crowds**
- **Perspiration of her scalp when sleeping**
- **Thinning of hair** on top of her head, with **freckles** visible there

***Sepia Officinalis* was prescribed in the 200c potency**
INDIVIDUALIZATION AS A HALLMARK

My practice: time spent, follow up, costs, etc.

What kinds of patients do we see?

Narrative medicine — the importance of the “story”

Pattern recognition

Resonance

Hitting the Bull’s Eye

Arnica Montana

Successful self-healing experience

Remedies as having personality characteristics

Hering’s law

Mainstream use of the medicines. (ex. plastic surgery)

Why is Homeopathy valuable?

- Avoidance of toxic chemical side effects and suppression
- Holistic viewpoint—life as a full tapestry vs. random fragments
- Ability to produce truly curative results with the correct prescription
- Working with nature rather than against her
- Potential for transformation

If it's so great, why aren't more people doing it?

- The challenge of individualization
- The massive amount of learning
- Belief systems/ *a priori* rejection
- School Loans
- Finances

References and Resources

- American Institute of Homeopathy
www.homeopathyusa.org
more information about homeopathy and
list of research references.
- Strauss-Wisneski Library
www.homeopathy.ca
- Iris Bell, M.D., Ph.D.,
re: homeopathy and nano-chemistry.
- Nicholas Nossaman, M.D.
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“Ring the bells that still can ring, forget your perfect offering, there is a crack...a crack in everything — that’s where the light gets in”

Leonard Cohen

