How can we explain that many diseases can be cured with a few globules often administered just once in a couple of months? This homeopathic principle is difficult to understand for a lot of people; however, it is the key to a successful homeopathic treatment.

To repeat a homeopathic remedy, you first need to know its nature and characteristics. After remedies like Lycopodium, Sítica, Sepia or Graphites you should not be disappointed if your patient is not feeling better at once; often the first reaction takes place after 4 or 5 months.

Acute drugs like Aconitum, Apis, Bryonia or Belladonna work fast but do not go that deep; they can be repeated an a daily basis till the patient feels better.

Take the character of the disease into consideration too; is it an acute or a chronic disease? I have to point out that there is a difference in the definition of chronic and acute between classical homeopathy and allopathy; it is not the duration that plays the important role but the character of the disease. Kent says: „Acute diseases have their prodromal stage, a progressive and regressive phase, in case they are not that severe that the patient dies (...) The chronic diseases have - like the acute ones - their prodromal stage as well as a progressive period, but in contrary to the acute miasmas they have no phase of regression."

We have to understand the miasmatic background of the patient; otherwise you may treat a cold of a syctic patient, causing serious problems. These patients feel much better once it is flowing, having a kind of secretion; suppressing this with a homeopathic or other remedy can have serious consequences, e. g. asthma.

A patient with ulcers of the leg comes to the homeopath for consultation and he prescribes a remedy ignoring the patient’s miasmatic background - two of her relatives have committed suicide, some are alcoholics, her mother has leg ulcers too and her aunt suffered from manic depression. This is a clear syphilitic case. The patient may have pretty legs now but apoplexy or emboli will now occur. Just think: what is more important, having nice-looking legs as soon as possible or being cured from deep inside, even if it takes some time?

It is the level of the illness that we need to understand, then we know what we have to expect, when and how often the remedy can be repeated and which complementary remedy might follow.

Your patient wants to get rid of the warts an his hand. What will you focus an - the warts or the patient? Prescribing Thuja every two weeks is a mistake. You need to understand the patient and his miasmatic background first. It is completely normal that a syctic patient has warts; it is a harmless sign of his inner disease. You should treat the patient and not his wart; and do not forget that the healing process takes place from the inside to the outside; this means it will be the wart that vanishes last.

The aim of homeopathic treatment is to stimulate the vital force to heal itself. It is misleading to think that the more often the remedy is administered, the sooner the cure will take place; this is the allopathic point of view and not the homeopathic one. In homeopathy it is not the quantity but the quality of information that matters. Repeating a homeopathic remedy too soon, that means when the dose given before is still working, will disturb the vital force and instead of helping causes more damage.

A patient suffering from various ailments is given a constitutional remedy. At the second consultation he tells his homeopath that the dizziness and the palpitations of the heart that he had for years are now gone and that he is feeling calmer, too. The only thing that remained is his plantar wart and a numb feeling in fingertips. The patient is helping his therapist telling him exactly what to do - nothing! He says: „I am feeling much better; I have no dizziness or heart problems anymore”. What is more important- the emotional state, the heart or his fingertips and the wart? Repetition of the dose or another remedy would only spoil the case. We need to let the vital force work by itself. All we need is to explain, to be patient and to understand the patient. The remaining symptoms will soon disappear by themselves.

When do we have to repeat the remedy? Imagine a patient who is feeling better for a couple of months but then the case is not proceeding or even moving backwards. A new case taking is important to see whether the same or a new remedy is indicated. Let us take the case of a patient who reacted well towards Lycopodium, went through a process of self-development and might need a new remedy. Now he can speak openly about his fears, he is more emotional and seeks warmth by his partner: How could we still think of Lycopodium?

Should the patient still need the same remedy, a higher potency is mostly prescribed. A lower potency (C6, C 10, cc200) or a LM-potency is indicated after a strong homeopathic aggravation due to a high potency or if you are aiming at a minimum stimulus.

When it comes to the second consultation the homeopath has to decide whether the therapy was successful or not, this means whether the vital force has been stimulated; and not whether a rash or headache disappeared.

Treating chronic diseases you often have to deal with several minor aggravations, still you have to concen-
trate an one major theme: „How are you feeling?“
Let us take the example of a patient suffering from migraine. After Natrium muriaticum she develops an extremely strong reaction; she cries and dreams about her childhood, going back to old, unpleasant memories. She feels as if she has little needles in her soul, wounds which have never been healed open up and let her bleed. This is a very difficult time for both, the patient and the homeopath, and he has to support her with love and understanding and help her to analyse her reaction. She is having headaches more frequently, but asking her: „How are you?“ we will hear: „Somehow I am feeling better“. We should not repeat or change the remedy in such a situation; the only thing we have to do is talk to our patient. The homeopathic aggravation takes e.g. a month and during the following three months she is not having headaches at all. Grateful and happy, she visits the homeopath with flowers. The homeopath however, should know that these headaches will most likely reappear. In case of relapse you have to make a detailed case-taking; are the pains as intense like before the remedy or are they easier to stand? Do they last as long as before? Does it take a shorter while to recover? If the state of our patient is still better than it used to be before the remedy, we should do nothing but wait. It could be that this minor aggravation is followed by six painless months and then again it comes to a relapse, but our patient keeps saying: „I feel much more free; I can say, no’ to people; I can stand up for myself“. Do not repeat nor change the remedy in this case. Homeopathy concentrates an inner harmony and beauty. The vital force is selfish and economical; first it will look after itself, then after the body. Once it regains its inner balance, the physical symptoms will slowly disappear. Our body is the mirror of our soul; you cannot eat asparagus and expect your urine to smell like garlic.
There are times when the outer factors interfere with the process of healing; somebody we loved died, our son had an accident; our partner lost his job. Up to this point the patient was constantly feeling better, but then it came to a relapse; this may indicate the repetition of the dose because the life force has been disturbed. Once there are no major changes, the remedy should be repeated in the same or a higher potency. Should the patient’s state still be better than before the treatment we will think of a little stimulus with a low or a LM potency.
Homeopathy does not work with a fixed scheme of dose. Some therapists administer a C200 potency after 4 weeks, an M after 6 weeks and an XM after 10 weeks; this is nonsense. No law told us to administer remedies according to the calendar. It is the quality of the stimulus toward the vital force that plays the important role, not the quantity of a remedy. Using a fixed scheme means ignoring the principal law of homeopathy: the individualization. Every patient reacts in a different way, in some cases a C200 potency can have an effect for months, an XM for two years. Each patient has an individual life force needing an individual treatment! This principle remains the same concerning acute cases as well; first the emotional state of the patient will improve. Let us consider the case of a patient with high fever and diarrhoea who is extremely exhausted but in spite of this is restless, with a great fear of death. He receives a dose of Arsenicum album C30 or C200 and after ten minutes he starts to snore. The fever is still high but he wakes up after a couple of hours and his eyes look much brighter, he is much calmer and not that hopeless anymore. He still has a temperature, but the diarrhoea soothed a bit; we should not repeat the dose but wait. The vital force deals first with itself, than with the body. In which situation the remedy should be repeated? Our patient was calm and less exhausted for a couple of hours, but now he starts groaning again, turns in his bed and has negative thoughts. This is the right time for a repetition of the dose. The patient’s state of mind is important, not the fever or the diarrhoea; we deal with life, not with the faeces. We are not hunting for bacteria and viruses; homeopathy aims at strengthening the patients’ vital force and providing it with the support it needs to get back its Balance.

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