



Introduction to Homeopathy

Homeopathy is a system of medicine based on the principle that “like cures like.” In simple terms what that means is that the same thing that can *cause* a disease can also *cure* that disease. In the early 1800s. Samuel Hahnemann, the founder of homeopathy, was the first person to purposely try this approach to treating disease. Hahnemann disagreed with the accepted reasoning behind the effectiveness of the medicine quinine in treating cases of malaria. As an experiment he began to take quinine on a regular basis, and sure enough, after a short time he was actually manifesting the symptoms of malaria in his own healthy body. The symptoms would disappear when he stopped the quinine, only to reappear when he resumed taking it. He concluded that quinine was effective in treating malaria not because of its bitter quality, which had been the previous theory, but because in crude form its energy somehow “matched” the disease and could produce its symptoms.

Hahnemann then began to treat patients according to this principle, using smaller and smaller doses of the substances he was working with. He found his patients not only responded positively, but they also had few of the side effects which were so common to the medications used by more conventional practitioners. He theorized that the homeopathic remedies, in their minute doses, carefully selected to match all of the patient’s symptoms, gave the body the information it needed to heal itself. Although no one has been able to prove or disprove this theory, homeopathy is accepted in many parts of the world today as a very scientific method for treating disease.

There are over 1,500 known homeopathic remedies made from animal, vegetable, or mineral sources. Many in their crude form are toxic or inert but when prepared and used according to homeopathic principle they are completely safe and effective.

How to Administer Homeopathic Remedies

Homeopathic remedies are given internally in extremely small doses. Hahnemann discovered that by putting the remedy through a series of dilutions and agitations he was able to make it more potent in action each time. The diluted medicine in this form is thus said to be in a “potency.”

A commonly used potency of homeopathic remedies is 30c: the original substance has been diluted by adding one drop to 100 drops of water and agitated; then one drop of this new mixture is diluted in 100 drops of water. This process is repeated 30 times (“30c” therefore refers to 30 dilution processes, each in 100 [c] drops of water). The final solution is infused into small sugar pellets which are taken orally. When giving remedies to horses I usually dissolve four or five pellets in 12 ounces of spring or distilled water and squirt it into the horse’s mouth with a syringe. Most horses accept this very willingly. The medicine is absorbed by the mucous membranes in the mouth and does not need to be swallowed.

In severe or acute conditions, the remedies can be given every 15 minutes for up to four doses, or until a response is seen. Less severe or acute conditions require less frequent



dosage, anywhere from one to 24 hours apart. If four doses of the remedy have not created a response, then it is probably not going to be effective for the condition. If there *is* a response, the medication is discontinued as soon as the animal is obviously moving toward recovery.

In chronic cases remedies are usually given infrequently and the response to each treatment is carefully monitored. In these cases, extensive histories including current symptoms, previous symptoms, habits, and personality are taken on each patient. The more specific information a homeopathic doctor can acquire about an individual, the more able he is to select the remedy which best *matches* that information, and which will, therefore, probably be the most effective. Follow up calls are done two to four weeks after treatment to evaluate changes that have occurred since the previous prescription. These changes tell the homeopathic practitioner if the remedy is acting well or if additional treatment is needed.