

In homeopathy, less is better

Less is more... We've all adapted this maxim at some point or the other in our lives. In homeopathy, one of the basic principles is the induction of self-healing by utilising a "minimum dose".

Every fortnight **Dr. Ludmila Vassilieva**, homeopath and iridologist, makes simple the concept and practices of holistic healing. Having practised medicine for over 25 years, she is the first licensed homeopathic doctor in Dubai.



Consistent with the philosophy of holistic healing, homeopathy provides a diagnostic system that assesses the whole body as opposed to its parts. It is a therapeutic method that works by stimulating a person's own sanoprotective system (metabolism, homeostasis, immune system...) rather than by simply controlling or suppressing symptoms.

Founded by Samuel Hahnemann in the 18th century on the principle that "like is cured by like", or the Law of Similars, homeopathic medicines are chosen for their ability to match and mimic the symptoms of the sick person and thereby work with, rather than against, the body's effort to heal itself.

For example, a person with a rash can be given a medicine made from a plant that causes similar effects, but in small or infinitesimal doses; or, a person with diarrhoea might be given *a medicine causing the same effects, to help the body eliminate the toxins more productively.*

What makes a difference is the dose. Any chemical substance can be neutral in small doses; like ordinary salt can do a lot of damage in big doses but work like medicine in infinitesimal doses creating a resonance to help assist the body in its healing power. Symptoms such as rash and diarrhoea are signals that the body is asking for help.

This may not be as foreign a concept as you think. Modern medicine incorporates this approach in vaccination and allergy desensitisation; yet conventional medical treatments are not individually prescribed to the degree of selectivity common in homeopathy, and they are not administered in infinitesimal doses exclusive of side effects. Homeopathy is pro-life; that is why it is so effective with no side effects.

It is amazing that people commonly assume that their headache or stomachache is just like everyone else's and therefore the same drug will cure the ailment. Homeopathy selects medications by matching detailed drug profiles of the remedies with the complete picture of the of a sick person's symptoms to provide complete healing.

A homeopathic doctor studies the temperament, personality, emotions and physical nature of a patient to determine the appropriate remedy. One drug is not indicated for all individuals to prevent or treat the same condition. Homeopathy is holistic and individualised in its approach. It treats the whole individual as opposed to the illness and utilises micro doses of substances from the plant, mineral or animal kingdom to stimulate a person's natural healing response.

There are over 2,000 homeopathic remedies that are derived from nature's exotic sources such as bee stings, some minerals and even snake venoms. Many remedies are based upon highly active or even poisonous substances that require dilution to a great degree to avoid side effects. Moreover, substances that are poisonous in large doses can be very beneficial and medically effective in infinitesimal doses.

Remedies are prepared to exact guidelines but may vary in strength. Ironically, the more dilute the remedy, the stronger is its potency, and the longer its action, the deeper its effect and the fewer doses needed. The potency is gauged according to the condition to be treated, the strength of the patient and the surrounding circumstances. Not only must the remedy be suitable, but also the potency must be appropriate for the individual patient and condition of his health.

These underlying concepts of homeopathy may be difficult to comprehend. However, the human body, as we all know, is a complex system, with an ecology and sanoprotective intelligence and wisdom of its own. It has the inherent capacity to always respond to changes with the most efficient and effective response based upon its abilities. Homeopathy offers a healing model that is sensitive to these complex processes and potentially precise in its ability to restore and balance harmony of health. It can provide safe, gentle, non-toxic treatment for many acute or chronic health problems, from influenza to digestive disorders, as well as emotional and psychological illness.

Homeopathy views health as a matter of perfect equilibrium, perfect balance. At the Holistic Healing Medical Centre, we take a whole new approach integrating homeopathy with other eastern and western therapies like acupuncture, Chinese herbal medicine, general medicine, oncology, and yoga therapy, to treat the 'whole' person in order to restore health.

Homeopathy, either alone, or in combination with other therapies and lifestyle changes, can help you achieve a resilient state of health that is well beyond being merely symptom free.

It reminds the body of its natural ability to "re-balance" itself. It not only heals, but also encourages a respect for the body's wisdom. It's not magic nor a miracle. Homeopathy is naturally based; and as astronomer Johannes Kepler once said, "Nature uses as little as possible of anything."

A healthy dose

- Homeopathy is safe for everyone. Unlike other medicines, homeopathic medicines do not have any side effects because they act by stimulating the body's own defence mechanism and healing powers. The doses are given in minute quantities, so they can be given to children, pregnant women and adults alike without worrying about the dosage.
- Homeopathic medicines are very effective with no side effects. Homeopathy is the only system of medicine that offers curative treatment for a large number of acute illnesses, as well as chronic ailments, that have been labeled as 'incurable' by other schools of medicine because homeopathy restores health and never suppresses disease.
- Homeopathic medicines are easy to administer. They are usually dispensed as sweet sugar pills that are very easy to take. Therefore, children enjoy taking homeopathic medicines.
- Treatment is inexpensive. Homeopathic medicines are usually much less expensive than comparable allopathic.
- Homeopathy considers the complaints of a patient in totality. It views a person as a whole, integrated entity, and not as a mere collection of body parts. Therefore, it eliminates patient visits to ten different 'specialists' for his/her ten different body parts.

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