

Vassilis Ghegas

Classical Homeopathic Lectures - Volume D

Reading excerpt

[Classical Homeopathic Lectures - Volume D](#)

of [Vassilis Ghegas](#)

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The
Classical
Homeopathic
Lectures
Volume D
of
Dr. Vassilis Ghegas

Case-taking & Patient management
Basic theoretical information
Reactions to the homeopathic remedy & Follow-up
Allopathic medication & Special diseases
Potencies
Cold & Warm remedies

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F. PROBLEMS IN GATHERING INFORMATION

The long-winded patient

- Some patients demand so much time that every homeopath is bound to lose his patience. One patient has a medical history of 30 years, the other has a pile of medical files and X-rays with him. Another one attaches so much interest to every detail that he can't tell you the essential. Another one thinks that his problem is the worst that exists and he thinks your attention should be in accordance. Another patient wants to compare your opinion about his case with those of 35 other specialists he has already visited.
- The best strategy in these cases is to let the patient tell his medical history as long as he thinks it is necessary. When the time is up, tell him and ask him to come back for a follow-up consultation a week or two later (if necessary even a third consultation). So, you can go on till you're ready with your first complete history. Afterwards, you can read medical files or X-rays if there are any, and only then should you give your first homeopathic remedy.
- No patient will be angry at you because you spent more time than usual on "his case". On the contrary, this will strengthen the good bond that you need with your patient. On the other hand, experience teaches us that such patients become more flexible and more "to the point" in the course of their homeopathic treatment.
- For the homeopath, it is very important to stay calm when treating these patients. Let them go their way and meanwhile, carefully observe their behaviour. If you can understand why this patient demands so much of your time, you can get very close to the essence of the remedy the patient needs.

The complicated patient

- You can refuse patients who have been to several homeopaths and allopathic doctors, and who show a confused and complicated picture. If so desired, you can suggest to wait for 6 months and to take no medicine during this period and to see no doctor. If they succeed in this, you can do a first consultation after this period.

Allopathic doctors

- They ask for an explanation for everything you ask or do. You will have to explain what you want to know and what not in order to get a good homeopathic history.

The intellectual patient

- Some patients theorize to such an extent that we don't obtain any useful homeopathic information. In such a case, it is better to start with temperature sensitiveness, sleep, stool and appetite. Ask them specifically to answer without interpretation.

Patients with a high social status

- Sometimes, there can be a lot of resistance at first. Don't dig too deep during the first consultations. Usually, the patient will be more forthcoming after a while.
- The more you want to prove yourself - or homeopathy, the less you will succeed.

Patients who study homeopathy themselves

- Always ask which remedies they have already taken and which remedy they think they need now. Sometimes, such a patient will tell you the information that fits in with the remedy they are thinking of.
- You should not tell such a patient which remedy you prescribe, and if they insist, mention another remedy than the one you are actually giving. This technique enables you to make an objective evaluation afterwards (subjective factors are excluded).
- Another technique consists in telling them the name of the remedy only after 6 months if they react well.

THE SECOND PRESCRIPTION

A. ADVICE ABOUT THE SECOND PRESCRIPTION

Here, Vassilis summarizes all the experiences from the theoretical works of Hahnemann and the experiences of the Athenian School for Homeopathy, combined with his own experience.

Every piece of advice is in fact a golden rule which can help you not to proceed too hastily, thereby giving the body the time it needs to come to a cure or an amelioration.

The application of these rules will help you better analyze the effects of remedies in the long term (i.e. five, ten or fifteen years).

Advice 1

- When the patient says "I feel better", you have to wait.
- Even when a clear picture of a new remedy appears, do not give another remedy.

Even when the patient explains this "feeling better" with reasons such as:

I am in love

I have been on vacation

I won the lottery you may not give a remedy or not
change the remedy.

- Even when you as a therapist get the feeling that the patient is not better, or the patient does not look better, give nothing and wait.

As a homeopath we start from the idea that the mental-emotional energy has improved "when the patient feels better".

Advice 2

- Never give a remedy when you don't get a clear picture.
- Even when the former remedy did not work and you have no clear picture for the next remedy, you'd better give SAC-L. till a clear picture appears.
- If you wait long enough, the body will send new signs which will lead to a clearer picture.

Advice 3

- Never give a new remedy as long as the homeopathic picture is changing.
Only when you get a clear picture of a remedy whose symptoms are present for at least 15 to 30 days, and the patient is suffering seriously, can you give this remedy.

During homeopathic treatment, the picture of certain remedies can be present temporarily: let this picture come and go and do not give anything!

Advice 4

- Do not be too hasty to give something when an old symptom or group of old symptoms comes back, even when it bothers the patient.
- When the patient feels generally better meanwhile, you can be 100 % sure that the remedy is working and you have to wait.

Advice 5

Never give a new remedy when a discharge or skin eruption appears after a former remedy and when the patient feels generally better.

Advice 6

- When after the first remedy most of the symptoms have disappeared, you have to wait. Even if the patient seems to have some remaining symptoms, wait as long as possible.
- As a therapist, you have to judge for yourself the patient's degree of suffering. Do not only listen to the words of the patient, because some patients push you to prescribe something stronger.

Advice 7

- Never give a new remedy when the symptoms move downward.

Advice 8

- Never give a new remedy when the intensity and/or the frequency of the complaints diminish.

Advice 9

- Never change a remedy that has worked well.
- In case of a relapse, repeat the same remedy in the same potency. If this does not help, give a higher potency and if need be a lower potency, before leaving this remedy.
- This rule is even valid when you already have arguments for another remedy that may probably follow.
- In fact, this piece of advice is an important homeopathic rule, which will help you in the long term to make a clear follow-up. Violation of this rule will easily cause obstructed and spoiled cases.

Advice 10

- Do not antidote a bad homeopathic reaction with a homeopathic remedy. This will only bring more chaos to the case.
- It is better to overcome a disturbing homeopathic reaction by waiting temporarily or by giving allopathic medicine.

Advice 11

- If you repeat a remedy too quickly, you can disturb the action of the previous remedy and thus spoil the case.
- Even Hahnemann stated that you have to let work a remedy that is effective, if you want to gain maximum profit.

Advice 12

Only give a remedy when the "organism" asks for it, and not just because the patient asks for it.

- Some patients succeed in convincing their therapist to give something stronger. If you can't resist the patient's pressure, remember Hahnemann's advice to use the magnificent SAC-L.

Advice 13

Only repeat a remedy that worked well in case of a complete relapse of 100 %. This means when the patient is back in the same state as when he visited you for the first time.

- The therapist who lets himself be seduced to give anew dose of the remedy "to improve the result" will be fooled if there was no real relapse.
- Sometimes, it is impossible to judge whether a patient has completely relapsed or only partially. In such a case, you can use the following tip: Tell the patient "If I give you a new remedy and you are at the moment better than before, you will have a complete relapse" and let the patient decide if he wants the remedy or not.

You can do the same when the patient tells you that the remedy does not help and asks for another remedy.

- This tip offers the possibility of escaping from the pressure that the patient puts on the therapist to prescribe more, stronger and other remedies so that he will feel even better.
- In cases of partial relapses, SAC-L. can produce miracles.

Advice 14

- When the case is evolving according to Hering's law, do not prescribe a remedy. This means, when the complaints evolve
 - * from the inside to the outside (see advice 1 and 5)
 - * from the top downwards (see advice 7)
 - * from the present back in time (see advice 4).

B. PRACTICAL EXAMPLES

Example 1

"After his first remedy, the patient gets an additional symptom that fits in with the remedy given (= proving). "

Wait one month. Usually, the proving symptom will disappear in this period, and if the remedy was correct, the patient will feel generally much better.

If the proving symptom still exists after one month, you'd best review the case. If there is no other clear picture present, you had better repeat the previous remedy in a higher potency. If there is another clear picture, give the new remedy.

Example 2

"The patient's main complaint is better after an aggravation. However, he feels generally the same (= superficial reaction). "

You should retake the case after a few months and look for a deeper remedy that fits in with his problems on the psychological and the mental level. If the patient's superficial complaint comes back, you can repeat the first remedy if necessary.

Example 3

"The patient did not have an aggravation, his main complaint is a bit better and generally, he feels a bit better. "

Here, the remedy given is very close to the correct remedy (=simile). You should see if there is any other picture that appears more clearly.

Example 4

"The patient came for a slight stomach pain and after the remedy, he got terrible headaches, while he generally felt worse (=suppression). "

Here, you must go back to the original case and study it again. If there is another remedy clearly present, prescribe it. If not present, you have to wait. Do not antidote with homeopathy, you would only create more chaos in the case. Rather allow the patient to take allopathic painkillers as an antidote to gain time.

E.g.: Let the patient take painkillers for 14 days, then let him stop for 5 days and have him come back for another interview. Possibly, you may see another clear picture after this period of time.

Never base your prescription on the new suppression symptom!

In addition to allopathic medication, you can also antidote with coffee, mint or camphor.

Example 5

"The patient's main complaint is better and he feels generally a little better, but the patient shows a lot of new complaints of the RHUS-T.-type. "

If the patient is much better on the general level, you have to wait. If on the other hand, the patient is seriously suffering from the new complaints, you can give RHUS-T. in a low potency.

Example 6

"The patient was very well, drank 3 cups of coffee and is worse since (=antidote)."

In this case, you should wait one week to one month to see if the defence system can recover by itself.

If there is no spontaneous recovery, try SAC-L. before repeating the same remedy in the same potency (or 12CH-potency daily for 14 days - see further: potencies).

- Be careful with the potency of certain remedies:
 - * LACH. in skin problems: give a low potency
 - * NOSODES in heart problems or low blood pressure: give a low potency (maximum 30 or 200).
 - * Heavy remedies in serious psychological situations: rather give a low potency e.g.: AUR., PH-AC, MUR-AC., GELS., PLB., HELL.
 - * In acute situations, certain remedies should be given in higher potencies, e.g.: *IGN.*, *ARN.*, *BELL*, *ACON.*, *BRY.*
 - * In a weak person or an exhausted organism: prefer low potencies, e.g.: MUR-AC.
- If a patient is seriously, acutely ill and a clear picture appears, give a high potency if the organism is strong (e.g. a patient who has been treated homeopathically with success). If the organism is weak, give a low potency.

D. WHEN DO YOU USE 12 CH ?

- In case of a relapse of 50 % and when you can't possibly wait. You can give 12 CH daily for 20 or 30 days.
- In patients who take strong allopathic medication or in patients who relapse because they do not want to stop the allopathic medication.
- In old and weak patients.
- In weak patients with serious problems who in the course of treatment develop acute disease. You can also give 12 CH 3 times per day for 2 or 3 days. See if the picture changes in between.
- If a remedy worked well in a 200, M or 10 M potency and suddenly not anymore. In such a case, you can give 12 CH daily for 1 month and look to see if another remedy appears. You can also give 30 CH once per week. Sometimes, you will see a huge amelioration with one dose of 12 CH, and in such a case the patient must obviously stop taking the remedy! If the patient makes an aggravation on 12 CH, he has to stop too.

- In a patient who went to another homeopath, who got a lot of remedies of which one did work well, but the patient does not recall the potency, you can do the following:
 - * Give a 10 M of the remedy concerned.
 - * If there is no amelioration, give 12 CH daily for one month.
 - * If still no amelioration, look for another remedy.

If a remedy worked perfectly in a high potency and the patient is again under the same stress as before: give a 12 CH daily for one month.
- Never give 12 CH repeatedly of the following remedies:
 - * nosodes: TUB., MED., CARC., SYPH., etc.
 - * poisons: LACK, CROT-H., CROT-C., APIS., BELL., ARS.
 - * CON., HYOS.
 - * CHAM, and NIT-AC.

E. WHEN DO YOU USE 30 CH ?

- In older people, you can start with 30 CH once per week for 4 weeks. If there is an amelioration after one dose, you have to stop of course. In the event of a relapse afterwards, you can change to a 200.

In a life-threatening situation, even if the remedy is clear (e.g. a heart problem).
- In a severe situation without a clear picture of a remedy*
- 30 CH is a good potency to start with in SULPH., MED. and LACH. Particularly in skin problems in SULPH., when the remedy is wrong, you will get less severe aggravations if you give a rather low potency.

If there has been a serious aggravation on the previous remedy, you should give 30 CH the next time.
- In persons who easily have a proving.

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