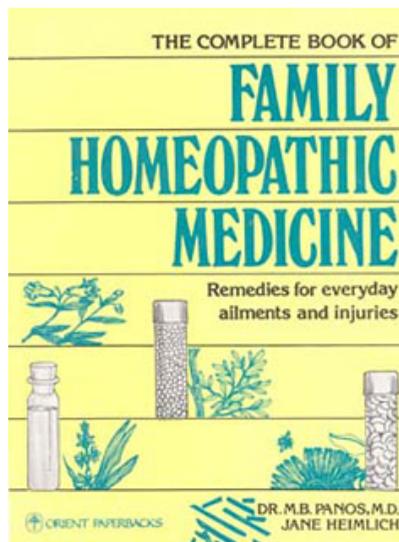


Panos / Heimlich Family Homoeopathic Medicine

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What is Homeopathy ?

HOMEOPATHY is a system of medicine whose principles are even older than Hippocrates. It seeks to cure in accordance with natural laws of healing and uses medicines made from natural substances: animal, vegetable, and mineral.

Homeopathy was "discovered" in the early 1800s by a German physician, Samuel Christian Friedrich Hahnemann. Shortly after setting up practice, he became disillusioned with medicine, and with good reason. Eighteenth and nineteenth century physicians believed that sickness was caused by humors, or fluids, that had to be expelled from the body by every possible means. To achieve this end, patients were cauterized, blistered, purged, and bled. Hahnemann protested against these brutal and senseless methods, and his colleagues quickly denounced him for heresy. He was also opposed to the way doctors prescribed medicines. In those days it was customary to mix a great number of drugs in one prescription. In his book, *Who Is Your Doctor and Why?* Dr. Alonzo J. Shadman mentions having seen, in the *Pharmacopoeia* of 1875, a prescription that contained fifty ingredients. Earlier, Hahnemann's outspoken criticism of this "degrading commerce in prescription" naturally enraged the chemists, who were as powerful as our drug companies today, and they were to hound him all of his life.

Hahnemann gave up the practice of medicine and turned to medical translating as a livelihood. But he persisted in his lifelong goal—to discover "if God had not indeed given some law, whereby the diseases of mankind would be cured." His sense of frustration increased when one of his children became critically ill and he could do nothing for her.

It was while translating *Lectures on the Materia Medica* by William Cullen, a Scottish professor of medicine, that Hahnemann stumbled on the key to curing sick people. In this work, the author claimed that cinchona bark, or quinine, cured intermittent fever (malaria) because of its astringent and bitter qualities. This explanation did not sound plausible to Hahnemann, who knew of other substances equally bitter, so he did a daring thing: he tested the medicine on himself.

I took by way of experiment, twice a day, four drachms of good China (quinine). My feet, finger ends", etc. at first became cold; I grew languid and drowsy; then my heart began to palpitate, and my pulse grew hard and small; intolerable anxiety, trembling, prostration throughout all my limbs; then pulsation, in the head, redness of my cheeks,

experienced. Conforming to the Standard double-blind method used in pharmacological experiments, approximately half of the test group are used as controls and given an unmedicated tablet or pill (placebo).

When the proving is completed, all the symptoms that the provers consistently experience, such as dizziness, loss of memory, and restlessness, are listed as a characteristic remedy picture in the *Materia Medica*, a prescriber's reference. To treat a patient, the physician looks up the remedy picture in the *Materia Medica*, and, when the symptoms fit, applies the law of similars.

In Standard medical practice, drugs are first tested on animals because so many drugs have been found to cause dangerous reactions, even cancer. Homeopaths do not use animals as subjects for testing medicines, since they do not react to chemicals as human beings do. Furthermore, we consider subjective symptoms to be important. And we have no concern about testing homeopathic medicines on healthy human beings because homeopathically prepared remedies are not toxic. The first proving was carried out in 1790, and use of the procedure has continued to the present day. There has never been a report of a lasting adverse drug reaction as the result of a proving.

The Law of Potentization (the Minimum Dose)

The third law of homeopathy, *the law of potentization*, refers to the preparation of a homeopathic remedy. Each is prepared by a controlled process of successive dilutions alternating with succussion (shaking), which may be continued to the point where the resulting medicine contains no molecules of the original substance. These small doses are called *potencies*; lesser dilutions are known as low potencies and greater dilutions as high potencies. As strange as it may seem, the higher the dilution, when prepared in this manner, the greater the potency of the medicine.

In 1800, when the process of potentization was devised, the idea that medicine containing an infinitesimal amount of matter could be curative was inconceivable. In this nuclear age, the power of minute quantities is all too well established. The dose of vitamin B₁₂, used to treat certain anemias contains a millionth of a gram of cobalt. Trace elements, present in barely measurable amounts in the body, are essential for its development and functioning. The human body manufactures only fifty to a hundred millionths of a gram of thyroid hormone each day, yet a small excess or deficiency in this already "infinitesimal amount can seriously affect the health of the individual.

The power of the infinitesimal dose is not clearly understood, but neither is the action of aspirin and many other drugs. The process of potentization makes it possible to use substances such as certain metals, charcoal, and sand, which are inert in their natural state, as medicines. A potentized remedy does not contain sufficient matter to act directly on the tissues, which means that homeopathic medicine is nontoxic and cannot cause side effects. In over 150 years of use, no homeopathic remedy has ever been recalled.

The Single Remedy

Contrary to the current medical practice of frequently prescribing two or more medicines at one time, most homeopaths usually give only one remedy at a time. We are not sure what the effect of two remedies would be, or the interaction between them, but

THE TODDLER

AN authority on babies and children describes the toddler years as "a struggle for independence and self-mastery." This is a trying time for parents, who must allow their very young children to explore their world but, at the same time, protect them from ever-present danger.

Everything a toddler gets in hand goes into the mouth, which makes parents fearful, with good reason, of a child's being poisoned or of choking. In navigating about a strange, new world, the little explorer gets a healthy share of bumps and bruises and runs the constant risk of being burned. While his body is learning resistance to disease, the small child is prone to earaches, fever, and croup. Homeopathic remedies can alleviate pain and hasten healing in many of these situations.

Poisoning

According to the U.S. National Planning Council for National Poison Prevention Week, each year 500,000 to 2 million children are victims of accidental poisoning. Ninety percent of all cases reported involve children under five years of age.

Among all drugs, aspirin is the most common cause of accidental poisoning in children. If you must use this toxic medicine, keep it out of sight and out of reach—even if it has a "safety cap." Never call baby aspirin, or any kind of medicine, "candy," and since children are natural imitators, avoid taking any kind of medicine while your child is watching. When left alone, your child may find the bottle and eat or drink its contents.

Homeopathic medicines are nontoxic; even if your child swallows the contents of an entire bottle, he will suffer no ill effects. It's important, however, to teach him that eating medicines, of any kind, is taboo; therefore, if you catch him "in the act," I recommend that you induce vomiting by tickling the back of his throat with a spoon handle. Your child will quickly associate eating medicine without permission with this unpleasant punishment.

If the medicine the youngster has ingested is toxic, call your physician.

Depending on the nature of the toxic material the child has ingested, they may advise you to give syrup of *Ipecac*, which is the only dependable means of producing enough vomiting to help in a poisoning case. For a child one year of age or older, the usual dosage is one

MATERIA MEDICA

WORSE FROM

lying down
slightest motion
dry weather

LEDUM PALUSTRE (LEDUM)

Helpful for puncture wounds from sharp-pointed objects such as nails and splinters.
Insect stings, especially mosquitoes.
Animal bites and scratches.
Black eye caused by a blow.
Injured parts are cold and are relieved by cold applications.

WORSE FROM

warm applications
heat of the bed
night

BETTER FROM

cold applications

MAGNESIA PHOSPHORICA (MAGNESIUM PHOS)

Intermittent, spasmodic pains and neuralgia.
Colic with gas, better from gentle pressure and warmth.
Colic with belching, which gives no relief.
Frequent hiccoughs with heartburn.
Cramping pains, in calves, writer's cramp, menstrual cramps if relieved by heat.
Toothache relieved by heat.
Symptoms usually worse on the right side.
General muscular weakness.

WORSE FROM

cold
touch
night

BETTER FROM

warmth
gentle pressure
bending double

MERCURIUS VIVUS (MERCURIUS)

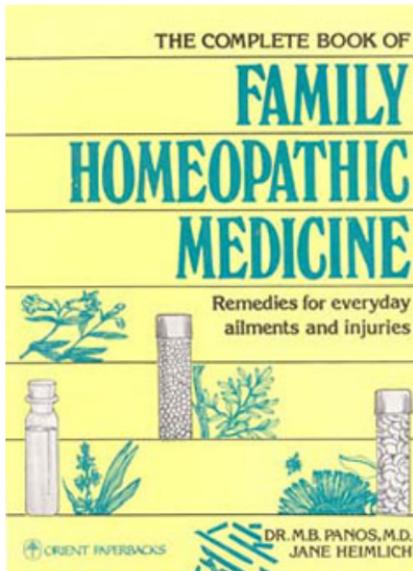
Smarting, raw, sore throat. Tonsillitis.
Swollen, inflamed neck glands.
Abscessed ears, pus infection, boils.
Profuse sweating with no relief. Offensive odor.
Bad breath. Profuse, metallic-tasting saliva.
Very thirsty, even though mouth is moist.
Thick tongue with yellowish-white coating. Teeth leave an imprint on tongue.
Swollen gums with soreness about teeth.
Painful diarrhea with a "never get done" feeling.
Persistent urging to urinate with intensive burning.
Extremely sensitive to heat and cold.
Weak and trembling.

WORSE FROM

night
warmth of bed
during perspiration
heat and cold
damp weather

BETTER FROM

being at rest



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