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Homoeopathy, Immunity and Infectious Diseases

Leseprobe

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von [Susan Curtis](#)

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Homœopathy, Immunity
and Infectious Diseases

A practical guide for travellers and parents



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CHARTER 2

HOMOEOPATHY

The word 'homoeopathy' comes from the Greek, and means 'similar suffering'. This points to the underlying principle of homoeopathy which is that you can use the same thing to restore balance that created the imbalance, or use 'like to cure like'. Whilst this underlying principle has been known since ancient times, homoeopathy in the form that we use it now has only been developed in the last two hundred years.

A German physician, Samuel Hahnemann, developed homoeopathy in the late eighteenth Century after discovering that he got better results when he gave more and more minute substances of a medicine than when he gave the usual large doses. A homoeopathic remedy is not just a minute dose, however, it has also gone through a process of potentisation whereby the substance is repeatedly banged or 'succussed' to release its full healing potential.

The homoeopathic remedy restores health by providing a Stimulus to the natural healing mechanisms within us all. It is paradoxical to our materialistic way of thinking that the more times the substance is diluted, the higher the potency, and the more profound the effects of the remedy. Do not let this put you off trying homoeopathy; it works on adults, children and animals, whether or not we believe in it.

Homoeopathic remedies are chosen by matching the most appropriate remedy 'picture' to that of the sufferer. This is done by accurate and careful observation of the person. Note as many Symptoms as you can and use them as clues to finding the right remedy.

There are no side effects to homoeopathic remedies. If you do keep taking the remedy day after day for a long period of time you may begin to take on some of the Symptoms of the remedy, in which case you should simply stop taking them. This Situation should not arise, however, as remedies should only be taken

when required for specific prevention or treatment.

We call the method of taking homoeopathic remedies to prevent a disease homoeopathic prophylaxis. The idea is that you take a particular remedy into your system so that it is ready to act should you come into contact with the corresponding disease. The disease will therefore not get a chance to establish itself and you will not experience any Symptoms. If the action of the remedy isn't needed the body simply doesn't utilise it.

Homoeopathic prophylaxis has a very good success rate and many examples of its efficacy are to be found in homoeopathic books. An eminent homoeopath Dorothy Shepherd states that the homoeopathic remedy *Pertussin* was given daily for two weeks to 364 cases after contact with whooping cough and not one child developed the disease. Leslie Speight writes of another physician who gave *Lathyrus sativa* to 82 people who were in close proximity to a polio outbreak with 12 people being direct contacts and not one developed the disease. There are many accounts in current farming Journals of homoeopathic vets getting excellent results by giving farm animals homoeopathic nosodes to prevent common farm diseases. However, there is never any absolute guarantee that you will not get a disease, whatever measures you take, because there is always a possibility that you are exceptionally susceptible to a particular disease, or if your immune system is already under strain then you will be more susceptible to any disease.

A very recent example of the success of homoeopathic prophylaxis on a large scale comes from Cuba. In 2009 news was reported of a significant reduction in the seasonal epidemics of Leptospirosis (Weil's disease). Rather than the vaccine, as in previous years, they switched to the distribution of appropriate homoeopathic remedies. Two doses were given to a population of 2.5m, the second dose being 7-9 days after the first, bringing the incidence of infection to just under 10 people with no fatalities. Previously, conventional treatment of the population with a vaccine still resulted in thousands of infections and a number of fatalities and at a cost of US \$2m. The homoeopathic solution cost just 10% of that, at US \$200,000.

TETANUS

Tetanus is caused by bacteria which usually enter the body through wounds, especially deep penetrating wounds, eg. from a nail. The bacillus is most commonly present in soil and especially horse manure and so cleaning wounds thoroughly, particularly if infected with soil, is of the utmost importance in preventing the disease. Tetanus is extremely unlikely to develop from a wound where it is washed thoroughly, kept clean and air is allowed to circulate.

The main Symptoms of tetanus are severe muscular spasms that usually Start in the jaw muscles, causing difficulty in opening the mouth - lockjaw, The spasms then spread to other muscles so that severe spasms become generalised. Orthodox treatment is to combine antibiotics, sedation and curare with large doses of tetanus anti-toxin. The mortality rate is about 10%.

Neither catching the disease nor the vaccination offer prolonged immunity. Thus it would be more rational to vaccinate immediately following an incident potentially likely to cause tetanus, eg a deep wound or animal bite.

The tetanus immunisation has caused death due to anaphylactic shock and also cases of Guillain-Barre syndrome, which causes paralysis.³⁶ It is given routinely to infants as part of the DPT vaccine, and also advised by the orthodox health System regularly for adults.

HOMCEOPATHIC PROPHYLAXIS

Clostridium tetani 30 (nosode): Take once a week during high risk activities, ie. trekking, mountaineering, exploring. Or one dose twice a week for three weeks following a deep, penetrating wound.

or

Ledum 30: One dose three times in one week following any suspect wound or animal bite.

Hypericum 30: One dose every 8 hours for 5 days for any wound that begins to show signs of infection.

36 Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Preventable Diseases. Atkinson W, Hamborsky J, McIntyre L, Wolfe S, eds. 10th ed. 2nd printing, Washington DC: Public Health Foundation, 2008

APPENDICES

TRAVEL KIT/ FIRST-AID KIT

These are the remedies that I always keep handy in the home and take with me when travelling.

OINTMENTS

- Arnica:* For bruising, injury, sprains & strains etc. Apply directly to the injured part, but do not use on broken skin.
- Hypercal: Burn* (*Hypericum* and *Calendula* combined). An excellent general purpose anti-septic and healing ointment. Use on abrasions, cuts, spots, insect bites, etc.
- Cream:* Most homeopathic pharmacies stock a burn cream, usually based on a combination of *Urtica* and *Hypericum* with other tinctures added. Use on minor burns and scalds and sunburn.

TINCTURES

- Hypercal:* (*Hypericum* and *Calendula* combined). An antiseptic and healing lotion, will prevent wounds going septic. Apply neat for small cuts, insect bites, spots, etc. To clean wounds dilute a few drops in a little cool, boiled water and gently bathe the area using a piece of cotton wool dipped in the solution.
- Pyrethrum:* This can be bought as a spray from many homeopathic pharmacies to use as a first-aid treatment for insect bites and stings.

HERBS

Chamomile: Take a few of these teabags with you. Take as an Infusion for any feverish conditions, spasmodic pains such as period pains, Indigestion and also insomnia or stress. Safe to give to infants. Externally use the Infusion as a soothing wash for inflammation or itching rashes etc. Use the cooled infusion as an eyewash for eye infections, sore eyes, etc.

ESSENTIAL OILS

Citronella: A mosquito repellent that can be diluted and applied to the skin or burnt in a room.

Lavender. Antiseptic⁴⁵ and anti-inflammatory⁴⁶. Pour neat onto minor burns and scalds. Hold near the nose and inhale the vapours if feeling faint. Add a few drops to a bath for stress or insomnia. Massage a little onto the temples to relieve a headache.

Tea Tree: Antiseptic⁴⁷ and antiviral⁴⁸. Pour neat onto wounds, cuts, etc. It will not sting and helps to prevent infection. Use as a steam inhalation for colds, flu and chest infections. Use as a bath or compress for fungal infections of the skin.

45 Janseen A M et al, Antimicrobial properties of essential oils, Pharmaceutisch Weekblad Scientific Edition Vol. 9 - 1987

46 Hajhashemi V, Ghannadi A, Sharif B. Anti-inflammatory and analgesic properties of the leaf extracts and essential oil of *Lavandula angustifolia* Mill, J Ethnopharmacol. 2003 Nov;89(1):67-71

47 Cox S D et al, Determining the Antimicrobial Actions of Tea Tree Oil, Molecules 2001, 6, 87-91

48 Schnitzler P et al, Antiviral activity of Australian tea tree oil and eucalyptus oil against herpes Simplex virus in cell culture, Pharmazie. 2001 Apr;56(4):343-7

BACH FLOWER REMEDIES

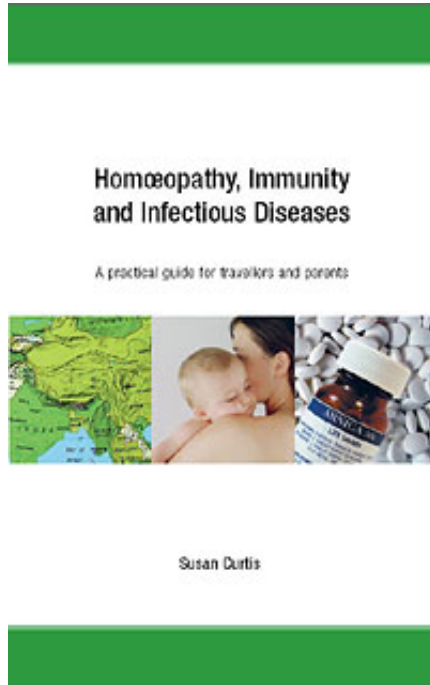
Rescue Remedy: For shock, fear and panic. Can be taken as often as needed if involved in any accident or trauma, emotional or physical. Also good for fear eg. of flying, stagefright, etc. Take a few drops straight in the mouth or add a few drops to a little water and sip as often as required.

HOMOEOPATHIC REMEDIES

The following ten remedies form the basis for a first-aid kit. For indications beyond those given, look them up in the *Materia Medica* section of this book. Other remedies should be added according to your individual needs.

- Aconite 30:* First stages of fever and inflammation; after-effects of exposure to a cold wind; earache; hoarse, dry cough; after-effects of shock or fright.
- Arnica 30:* A vital part of any first-aid kit. Take following any accident or injury. Helps to reduce bruising, prevent haemorrhage, and ameliorate shock; concussion; over-exertion.
- Arsenicum 30:* Food poisoning. After-effects of bad food or drink with diarrhoea and vomiting; exhaustion, anxiety and restlessness. Acute asthmatic and allergy attacks marked by anxiety. Worse at night.
- Belladonna 200:* Fevers with a high temperature. Patient is hot, red and may be delirious. Sunstroke. Blood poisoning or inflammation where the affected part looks red and has a violent throbbing pain. Throbbing, hammering headache.
- Ferrum phos 6X:* For the beginning stages of a cold, fever or sore throat; hoarseness; nosebleeds. Externally this remedy

- may be used by crushing a tablet and sprinkling the powder onto a wound to stop the bleeding and help prevent infection.
- Gelsemium* 30: Influenza with an aching body, heavy headache and shivery feeling. Trembling and diarrhoea before an ordeal, or following a shock.
- Hypericum* 30: Injury to parts rich in nerves, such as fingers or spine. Any injury marked by severe pain. Will heal lacerated or punctured wounds and painful burns. Festering insect bites.
- Ledum* 30: Wasp, bee or other insect bites or stings. Animal bites, such as dog bites with bruising surrounding the wound. Bruising. Prophylactic for tetanus.
- Nux vomica* 30: Indigestion. After-effects of over-indulgence in food, drink or stimulants (hangover). Any stomach disorder where there is nausea that is greatly relieved for a while by vomiting.
- Rhus tox* 30: Sprains and strains following an injury or over-exertion. The painful or injured part swells or stiffens up during rest, and is ameliorated by gentle motion. Gout or flu following exposure to cold, wet weather. Poison ivy rash.



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