



JUST JESS on HEALTH:

What is homeopathy?

Homeopathy was founded in the early 1800's by Dr Samuel Hahnemann, a German medical doctor. Dr Hahnemann strongly disagreed with the ethics of conventional medicine; this included the inhumane treatment of psychiatric patients, the poor hygiene in medical establishments and the blatant disregard of the role that environmental and lifestyle factors play in the potential cause of disease. This urged Hahnemann to look for a superior form of medicine to effectively treat patients. In his book, 'The Organon' Hahnemann speaks of what the homeopathic physician's task is:

§ 1

The physician's high and only mission is to restore the sick to health, to cure, as it is termed."

The word homeopathy has its origins in the Greek language "homoios|pathos", which means similar suffering, these words form part of the foundation on which homeopathy is built - "like cures like". Hahnemann would not be the first to educate on the term "like cures like". It has been mentioned by Paracelsus and Hippocrates, as well as cultures including: the Mayans, Chinese, Greeks, Native American and Indians. Hahnemann, however, was the first to apply this term to medical science. This resulted in his experimentation.

Hahnemann's first proving was on the Cinchona bark, the bark of a Peruvian tree, he ingested the plant in small doses until he started to exhibit symptomology. The symptoms he exhibited were symptoms noted in the Malaria patient. It was noted that the reason this plant was beneficial in the treatment of malaria was because it produced the same symptoms when given to a healthy patient. Hahnemann went on to experiment further with other substances, diluting them to therapeutic doses.

Homeopathy and holistic treatment identifies that disease affects each person differently. This can easily be noticed through a simple comparison of how you react to a stressful event compared to a family member or friend. In this scenario you may move to a place of shock, whereby you cannot express yourself, you perspire and you may feel nauseous. However, your family member or friend may react in a form of hysteria. All symptoms experienced by patients suffering from different diseases and medical conditions may be similar in symptomology, but will be uniquely expressed in each patient. This is brilliant for homeopaths because these unique expressions aid in the identification of the indicated remedy.

The power of alternative healing and medicine is vast. By treating each patient as an individual we move away from matching a pill to the ill and bring into alignment the recognition that we are treating a person/soul. It is through this science that a collective movement can allow for holistic medicine to become a common treatment approach. Prevention is always better than cure. We do not discount the medical fraternity because we acknowledge the need for the anti-biotic during bacterial meningitis or the surgeons hand during an acute appendicitis, but what if we didn't have to get there? What if we could prevent different diseases and medical conditions in the initial stages from becoming more serious through preventative medicine and through recreating balance within the body?

Dr Jess

Look out for issues to come as we explore how homeopathy and alternative medicine/ healing can help us in our day to day lives – from first aid, to medical conditions to healthy lifestyle tips.

