

1. Lecture

HISTORY, KEY PRINCIPLES &
THEORIES



PharmDr. Alice Sychrová, Ph.D.

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Patient suitable for HMP

- Adults of all ages
- Children - recurrent HCD inflammation, eczema, behavioral and sleep disorders...
- Animals
- Pregnant and lactating women
- Chronic patients

2 categories of health problems:

Acute: short-term illness (flu, cough, GIT problems, fever)

Chronic: long-term illness (asthma, diabetes,...)

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Homeopathic medical record

- Name, surname, date of birth, profession... ..
- Reason for visit
- Description of existing problems
- History of therapy
- Family and personal history
- Screening of individual problems
- Susceptibility, sensitivity to...
- Clinical symptoms
- Diagnosis
- Determination of therapy

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Key principles and theories

Homeopathic medicinal products act on **functional disorders** of the body

- support the body's own defenses:
 - ▶ thus prevent the disease from becoming chronic
 - ▶ accelerate recovery from acute illness
 - ▶ to make the duration of the illness less exhausting

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allopathy: suppressive treatment: symptom ▶ disappears (problem not solved)

homeopathy: examines the patient in its entirety (individual sensitivity and reactivity)

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Parameters important for remedy selection

Each patient considered as unique case !!!

- Congenital dispositions of the patient
- Mental and physical condition
- Immune system
- Lifestyle
- Position in the family and in society
- Reactivity in stressful situations
- Mental and physical diseases

▶ **TREATMENT EXCLUSIVITY!**

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Benefits of homeopathic treatment

- *The drugs are not toxic*
- Medicines for all ages (newborns-pregnant-geriatric patients)
- *Drugs without side effects*
- Medicines can be combined with conventional medication
- There is no addiction to drugs

We cannot use homeopathy in life-threatening conditions where circulation and respiration fail, in severe organ disorders, and if the condition does not improve within 12-24 hours of the administration of the acute reaction drug!

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Risks and side effects

- use of ineffective homeopathic remedies in case of serious illness
- lost time and the development of the disease threaten the life
- risk of allergic reactions
- poisoning
- veterinary use → prolongation of animal suffering
- change in the psyche, perception and behavior
- menstrual disorders
- sleep disorders lasting more than a week
- alcohol
- lactose

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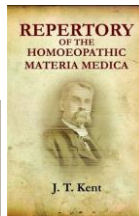
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Materia medica

remedia sorted alphabetically (Latin):

- origin
- description
- general effects
- characteristic features
- etiological relationships
- sensitive type
- basic clinical indications
- dosage



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Homeopathic medicinal products

- manufactured by modern technology under conditions of very strict control (GMP)
- **starting material:** plants, animals, minerals, chemical substances (>3000)



- **NOSODES** created from secretions of diseased tissues, toxins, microbial substances (never used in acute diseases)
- **SARCODES** comes from healthy human or animal tissues

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Preparation

- the principle of production is multiple dilution and succussion of active substances
- substances are very highly diluted to eliminate side effects (highly active, toxic substances)
- **! PARADOX!** the most diluted remedia have a longer effectiveness and a deeper, more pronounced effect

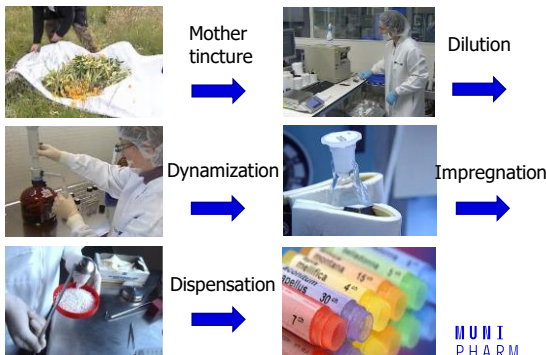
1. **Basic substance** (according to hom. tradition, pharmacopoeias, new findings)
2. **Mother tincture** (in alcohol, trituration)
3. **Dilution**
4. **Dynamization-potentialion** (vigorous shaking)
5. **Impregnation**

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Preparation



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Dilution

1. **Centesimal Hahnemanni CH (C)**
in ČR the most used
1 portion of mother tincture + 99 portions of solvent (70%EtOH)
▶ dynamization ▶ **1CH**
1 portion of **1 CH** + 99 portions of solvent (70%EtOH) ▶
dynamization ▶ **2 CH**
.....▶ **30 CH** (30 gradual centesimal dilutions according to Hahnemann)
- *used whole or chopped; metals, crystalline substances, seeds and beans are combined with lactose sugar crystals and ground to a powder = **trituration***

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Dilution

2. Decimal Hahnemanni DH (D, X)

in ČR not so obvious (usually in polycomponents)
1 portion of mother tincture + 9 portions of solvent (70%EtOH)
▶ dynamization ▶ 1DH

3. Korsakov's dilution K

korsakov dilution in one bottle
1 bottle + mother tincture ▶ dynamization ▶ 99 % of liquid is removed and replaced with pure solvent ▶ dynamization 1 K ▶ 99 % of liquid is removed and replaced with pure solvent ▶ dynamization 2 K
e.g. Oscilloccinum 200 K

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Drug selection

Clinical observations

- Pathological symptoms of the disease and its clinical form
▶ **etiology** (why?, after what? when?)
- Characteristic of the individual patient's reaction
▶ **modalities** (worsening, improvement)
symptoms - a matter of observation (observing-judging-
understanding)
- ▶ **accompanying symptoms and signs** (specify exactly)

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Manner of use

GENERALLY: 1 dose = 5 granules

Acute state ▶ remedy is given **more often (low dilutions)**

- Fever - every hour
- Cough - after each attack
- Diarrhea - after the stool
- Pain - every 15 min.
- Cold - 4 times a day

Chronic state ▶ remedy is given **individually (high dilutions)**

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Dilution

END: the mixture with some potency ▶ a few drops of it are added to lactose tablets, pilules, granules, or powder, to impregnate them with the remedy. These are then stored in dark glass bottles.

Impregnation

- Neutral substance lactose 15 %
saccharose 85 %
- Remedies have a number (6c) ▶ indicates how many times it was diluted and succussed, and on which scale. For example, the remedy *Allium cepa* 6c has been diluted and succussed six times on the centesimal scale.

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Selection of dilution

We are looking for similarity at the level of:

- **LOCAL** symptoms
▶ **symptomatic** remedies
▶ **low dilutions (5-9 CH)**
- **LOCAL** and **OVERALL** symptoms
▶ **middle dilutions (9-15 CH)**
- **LOCAL**, **OVERALL** and **PSYCHIC** symptoms
▶ **high dilutions (15, 30 CH)**

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Manner of use

GENERALLY:

- dissolve the granules **in the mouth**
- the remedy is in contact with the mucous membranes ▶ without the presence of aromatic substances, menthol, coffee, tobacco, spices...
- at intervals of 15-30 min. from food
- 30 min. distance from individual drugs

NEWBORNS and **INFANTS:**

- Dissolve 10 granules in 1 dcl of boiled baby water
- Spoon, a new solution every day



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Thanks for your attention!



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