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Environmental and Complementary Medicine

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## COMPLEX HOMOEOPATHY

The most widely used form of homoeopathy in the UK is known as **classical homoeopathy**. This is based on the early work of Samuel Hahnemann, the founder of homoeopathy.

In classical homoeopathy **single** remedies are used. These are decided by taking a complicated history of the condition, and taking into account the personality traits, likes and dislikes of the patient together with detailed history of previous medical conditions. A single preparation, at a single strength, is then prescribed.

**Complex homoeopathy** has developed on the continent over the last thirty years, and this is now the main school of homoeopathy. Indeed, in Germany, complex homoeopathy is as widely used as orthodox medicine, with very large companies, rivalling the pharmaceutical companies, producing complex homoeopathic medicine.

These preparations contain **mixtures** of substances, and mixtures of strengths. Although this approach is tantamount to heresy to the classical practitioner, what is ignored is that Hahnemann himself was recommending mixed remedies in the later years of his life!

This method therefore uses a wider approach, in that the body will respond to the medication **it needs** at that time. Furthermore, as treatment progresses, different constituents of the medicine may well become more relevant, and further response will occur accordingly.

There is an important concept behind this approach, which is directly contradictory to orthodox medicine. This is that **the early stage of disease is a natural and appropriate defence mechanism**. So increased excretion, for example of mucous in the common cold, is a method whereby the body is attempting to excrete the cause (ie the virus) of the illness. Diarrhoea in gastro-enteritis is an attempt by the body to clear toxic items taken with food, and there are other examples, such as sweating with flu, increased urine in bladder infections, and so on. In such a situation taking orthodox medicine which **suppresses** this natural reaction is only treating the symptoms, and the

cause of the illness is driven deeper, prolonging the condition or causing more chronic problems.

Complex homoeopathic preparations, on the other hand, support and encourage this excretion process which explains why symptoms can initially worsen. However this is only temporary and is encouraging as it usually suggests later long-term relief.

Unfortunately, for a variety of economic and social reasons, complex homoeopathic methods have yet to be widely accepted in the UK, (please ask for separate information sheet on this). Nevertheless results from continental research, and our own experience, indicates that they are often successful, particularly in chronic conditions which have failed to respond to orthodox methods.

**Dr David Dowson 1997**