

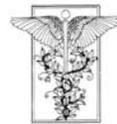
# *Homeopathic Family Medicine*

Connecting Research to Quality Homeopathic Care



*Dana Ullman M.P.H.*

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## **Welcome to “Homeopathic Family Medicine” - An eBook!**

***(This “sample” of the eBook includes 6 chapters from the list of ailments beginning with the letter “A”)***

Once a “normal” book is printed, it is hard (and expensive) to change the information in it. Even more problematic is the fact that many books become out-of-date shortly after they are published. However, an eBook can be changed and updated easily, quickly, and with little expense. And because our mission in creating this eBook is to keep you informed of the latest and best research in the field of homeopathic medicine, the eBook format is ideal for this dynamic and ever-growing body of information.

What you are going to get from this eBook is:

- An up-to-date reference to and description of clinical research that has evaluated the efficacy of homeopathic medicines, not just studies that showed that homeopathy “worked” but also studies that show when it didn’t.
- A modern even futuristic overview of what homeopathic medicine is and what potential it has for treating you and people close to you.
- A user-friendly guide to what homeopathy has to offer in the treatment of 100+ common ailments.
- An overview statement at the beginning of every clinical chapter summarizes if this condition is appropriate for treatment by you (as a non-professional homeopath) and when and if referral to a professional homeopath is indicated. This overview statement will also summarize if there is or isn’t clinical research on the homeopathic treatment of people with this ailment.
- Reference to additional books, articles, or websites will provide further information on the homeopathic treatment of various conditions.

As important as research is to knowing if something works or not, please know that just because there may not be formal studies published on the homeopathic treatment of a specific disease does NOT mean that homeopathy isn’t helpful in treating people who suffer from this ailment. In fact, because almost no governmental or drug company funds have been devoted to research on homeopathy, there are numerous conditions for which research has not yet been

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conducted. That said, you will be surprised and probably impressed at the body of research that has been conducted using homeopathic medicines.

If, by chance, you know about clinical research in homeopathy that has not been referenced and described in this eBook, please consider contacted us. Email us at: [mail@homeopathic.com](mailto:mail@homeopathic.com).

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## **How to Use this eBook**

There are a couple of simple ways to move around this eBook:

- You can use the Bookmarks on the left side of this page to go to specific chapters (please note, however, that we only make available only a limited number of chapters in this free sample).
- You can “turn a page” rapidly and easily by simply clicking on one of the arrows at the bottom of the Acrobat page, next to the page numbers.
- You can scroll down the page with the scroll bar, but using the scroll bar is a bit awkward.

If you are not already familiar with a modern description of homeopathy, make certain to read PART I which provide an overview of homeopathy. Even if you are already familiar with homeopathy, you will probably find the information we provide here to be useful in your efforts to describe and explain homeopathy to others.

Before reading about what homeopathy has to offer in the treatment of specific ailments in PART II, it is highly recommended that you read “A Note about Dose and Potency” at the beginning of this section.

Once you are ready to explore what homeopathy has to offer in the treatment of various ailments, you can hop around to whatever ailment about which you want to learn. Read the BOTTOMLINE statement as well as the information on what the homeopathic approach to the treatment of each ailment is, and then, read about each of the medicines commonly used in treatment. Please note that those medicines listed with 2 dots (••) are more commonly indicated and more commonly effective in the treatment of that particular disease. However, please remember that the hallmark of homeopathy and what makes this system so effective is *individualization of treatment to the person, not just to the disease*. Although we recommend that you first consider using the more commonly indicated medicines, you should only do so if that remedy seems indicated and other remedies don't.

Please also know that some seemingly acute conditions, such as allergies, headaches, indigestion, PMS, and many more, are actually chronic conditions. The medicines described in this body of information are primarily indicated for the acute stage of this ailment. While these remedies may provide some relief for the sick person, it is sometimes necessary to prescribe a “constitutional homeopathic medicine” to help them heal the underlying disease.

To learn how to prescribe constitutional medicines requires much more information than that which is provided here. You might consider taking one of the distance learning courses in homeopathy available from Homeopathic Educational Services (<http://www.homeopathic.com>), or you may want to attend one of the various homeopathic schools and training programs that are available (a list of such schools is available for free from Homeopathic Educational Services with any book order).

Yes, this eBook, like any single body of information has limitations, but it is my hope that this eBook is an “e-seed” that will plant a growing desire within you to learn more about homeopathic medicine. This desire to learn about homeopathy may even be therapeutic to you and to all who get to know you.

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Welcome to the world of homeopathy! You are already taking proactive steps to making this a healthier and happier place to be.

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Berkeley, California, USA

# *Homeopathic Family Medicine*

## *The eBook*

***Dana Ullman, M.P.H.***

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***NOTE: At the end of the Table of Contents there is a listing of new chapters and new information that has been posted to “old” chapters!***

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## **Part II: HOMEOPATHIC FAMILY MEDICINE**

Homeopaths commonly say that they do not treat “diseases” but “syndromes of symptoms” of which the disease is a part. One person’s headache syndrome is understandably different than another’s, and homeopathy embodies a systematic method of individualizing medicines to each person based on their unique syndrome. Your use of homeopathic medicines will be more successful when you learn to individualize a medicine to each person.

The information about each homeopathic medicine provided in this ebook primarily highlights the key features of a homeopathic remedy. This content is the most significant information that you may want or need to provide effective primary care treatment. This content does not provide complete information about each remedy. Readers are encouraged to complement the information provided here with homeopathic guidebooks, materia medica, and repertories in order to learn how to use homeopathic medicines with the greatest accuracy and effectiveness. See the Resources section in Part III for recommendations on the best books on homeopathic medicine.

Reference is made to clinical research when such investigations have been published. One of the differentiating features of the information provided below is the orientation towards “evidence based medicine.” *Please note, however, that just because no research has yet been conducted on a specific ailment does not mean that homeopathy is not effective in treating people who suffer with this condition.* Historically, homeopaths have claimed the best results in treating people who suffer from various chronic diseases. Because many of these chronic diseases are life-threatening, many research centers do not consider it ethical to conduct research using “experimental” methods such as homeopathic medicines. Also, because there are such limited funds available for research on homeopathic medicines, there are many chronic ailments for which little or no research has been conducted. Still, there is actually a lot more research on homeopathy than most people realize, and review of this material will confirm this assertion. Also, there is over 200 years of clinical experience by hundreds of thousands of homeopaths and by tens of millions of patients.

It should also be noted that there are two types of research in homeopathy:

- 1) Research that “proves” homeopathy: attempts to prove (or disprove) the efficacy of homeopathy in the treatment of people with a specific ailment
- 2) Research that seeks to “improve” homeopathic care: efforts that help homeopaths gain greater knowledge about which remedies are most effective (or least effective) in treating people suffering from a specific ailment

Due to widespread skepticism about homeopathy, most research conducted today has been “defensive” research that has sought to prove homeopathy rather than improve it. Hopefully this trend will change in the coming years.

**"••" Suggests that the medicine is the most commonly successful remedy for the ailment in question.**

### **A Note about Dose and Potency**

This ebook assumes that most readers are not “expert homeopaths.” Because of this, we tend to recommend relatively low potencies in the treatment of most people (the 6<sup>th</sup>, 12<sup>th</sup>, and 30<sup>th</sup> potencies). Generally, the more knowledgeable you become of homeopathy and the more confident you are in using these medicines, the more comfortable you will be in using higher potencies (200<sup>th</sup>, 1M, and 10M: 1M = 1,000<sup>th</sup> potency; 10M = 10,000<sup>th</sup> potency).

The word "potency" refers to the number of times a medicine is potentized. Homeopaths have discovered that the more a medicine is potentized, the faster and deeper it acts and the fewer doses of it are generally required for treatment. However, it is not recommended to use the highest potencies in homeopathy, unless you know how and when to use them (this is reserved to expert homeopaths).

Some people who are new to homeopathy fret about which potency of a medicine to give. Such anxiety is needless. It is generally recognized in homeopathy that the choice of the correct medicine is significantly more important than the correct potency. Giving the incorrect potency will generally still promote healing, albeit slightly slower healing. It is likewise unnecessary to worry about whether to give an "X" or a "C" potency. They are both very similar in action, though the "C" potencies are considered slightly more powerful and therefore require slightly more precision in prescribing.

The word "dose" refers to the number of times a medicine is taken. The more intense a person's symptoms, the more frequent should be the dose, though the response to treatment also directly affects dosage (you should slow down or stop taking the medicine as healing takes place.)

Determining the correct dose is important because in infrequent instances excessive dosages can lead to a "proving" (the experience of symptoms caused by the overdose). However, only rarely will a person experience a proving because it is difficult to elicit symptoms from a proving while a person is ill. Even in the rare cases that symptoms of a proving are created, the symptoms dissipate shortly after the remedy is stopped.

Here are nine general rules for helping you determine the frequency of doses and level of potency of a homeopathic medicine.

1) The basic rule in prescribing homeopathic medicines is to give as few doses as possible but as much as is necessary. In intense acute disease a person's body usually needs repetition of a homeopathic remedy to continue to catalyze a healing response. However, because homeopathic medicines stimulate the body's own defenses (so that it can heal itself), it is not always necessary to give continual doses of the medicines. Observe the person's symptoms. If the person is cured or even significantly better after only one or two doses, stop giving the remedy. If, however, the person has improved a little after several doses but is still sick, continue to give the remedy, unless it is now clear to you that another medicine is indicated. Do not, however, simply continue to give a remedy that doesn't seem to be working.

*Remember, homeopathic medicines are not vitamins; they are medicines that, when accurately prescribed, catalyze the body's own healing process. They are not necessarily made more effective by taking more doses of them.*

2) For people who are relatively new to homeopathy, it is recommended to use the 6<sup>th</sup>, 12<sup>th</sup> or 30<sup>th</sup> potency (usually described as 6X or 6C, 12X or 12C, 30X or 30C). The dose commonly recommended when using the 6<sup>th</sup>, 12<sup>th</sup> or 30<sup>th</sup> potency is three to six times a day, depending upon the intensity of the symptoms. However, during the first day of a high fever or other inflammatory condition, you may need to give the remedy every hour or every other hour during the first 24 hour period of the illness. Typically, some degree of relief from an acute problem is usually observed after a night's rest. Chronic or recurring complaints take longer and may require constitutional care from a professional homeopath.

3) It is generally recommended not to use any potencies higher than the 30th unless you are very familiar with homeopathic philosophy, methodology, and materia medica. Although higher potencies have a smaller material dose of the substance, homeopaths usually find that they are actually stronger than the less potentized doses. These higher potencies sometimes cause a healing crisis -- that is, a temporary worsening of symptoms prior to a deep cure. Practitioners trained in homeopathy are more likely to know when worsening of symptoms is really a healing crisis or if it simply represents the person is becoming more ill.

4) The more severe symptoms a person experiences, the more frequent repetition of a remedy is necessary. For high fevers, intense inflammatory conditions, or strong pain, you may need to give the remedy every hour or every other hour. For mild symptoms, it is common to give a remedy three or four times in a day. Usually you can give the 6<sup>th</sup> or 12<sup>th</sup> potency for up to a week, while the 30<sup>th</sup> potency is not commonly given for more than three days at a time.

5) The more intense the symptoms, the higher the potency is recommended. If the person's symptoms are intense, as opposed to mild or simply persistent, it is recommended to use the 30<sup>th</sup> potency; it will act faster and deeper than the 6<sup>th</sup> potency.

6) Generally, the more confident you are in the selection of your remedy, especially if the medicine matches the general symptoms, the higher the potency should be used. Using the 30<sup>th</sup> potency requires more precision in prescribing than using the 6<sup>th</sup> or the 12<sup>th</sup>. The higher the potency used, the closer to the bull's eye the remedy should be.

7) Allow enough time for the remedy to act before changing to another remedy. Homeopathic medicines sometimes act very rapidly, but they can also act slowly. Sometimes a person may still be sick after taking a remedy for a couple of days, though some key symptoms have improved. It is important to avoid changing remedies while the person is in the process of improvement. If, however, the person is having intense symptoms and there is no improvement after 24 hours, a new remedy should be considered.

If a person has mild symptoms, wait at least 36-48 hours before considering a new remedy. (One important exception to this rule is if sick person develops new symptoms, and you are now confident that another remedy is more accurate; then, you can consider switching remedies.)

8) Try to avoid giving too many remedies per episode of illness. Some people are impatient and expect a homeopathic medicine or any medicine to immediately cure their child. Try to avoid switching medicines too quickly or too often. If you give too many different remedies per episode of illness, you are not giving the remedies enough time to act. In rare instances it is possible to antidote the correct remedy by giving another medicine too soon. Do not give more than three or four medicines per episode; ideally, you should use just one or two.

9) You can stop giving the remedy once you notice that the sick person is considerably better. Although some practitioners or parents give additional doses of a remedy when a child still has minor symptoms, the general rule in homeopathy is to use as few doses as possible. If a medicine has obviously provided considerable benefit, the person's body will be able to complete the healing. In cases when this doesn't happen, either a couple more doses of the original remedy is indicated, or a new medicine can be chosen that fits the present symptoms.

## AIDS

**BOTTOMLINE:** Homeopathy has an impressive history of success in treating people with serious infectious diseases. There is a preliminary body of research that suggests that homeopathy may be efficacious in treating people with AIDS, though there is less evidence that it is helpful for people who are HIV+ and are asymptomatic. There was also a very provocative study using homeopathic doses of a conventional drug in order to reduce the side effects from this drug. It is now becoming increasingly common for people with AIDS to go on “drug holidays” (also called “structured treatment interruptions”), in which the patient significantly reduces or does not take any conventional AIDS treatment drugs. Homeopathic medicines can and should also be considered during these times.

Famed medical pioneer Jonas Salk once said that there are two primary approaches in dealing with sick people: one that attacks the problem itself and one that seeks to strengthen the person’s own defenses. While conventional medicine has focused its resources on the former, homeopathic medicine has specialized in the latter.

Most people don’t know it, but homeopathic medicine became extremely popular in the 19<sup>th</sup> century in the United States and Europe primarily because of the impressive results it experienced in treating the infectious diseases of that era, including cholera, typhoid, yellow fever, scarlet fever, and others. Homeopathy’s history of success in treating infectious disease is significant, and in this new century when scientists and physicians continue to discover new bacteria and viruses, many of which are already resistant to conventional drugs, homeopathy will soon establish itself as a leading medical treatment for our modern-day infectious diseases.

Quite distinct from the approach used in conventional medicine by its use of antibiotics and antiviral medications, homeopathy uses medicines that are prescribed individually to augment a person’s own immune and defense system. Because of this, homeopathy is uniquely appropriate as a primary treatment for AIDS.

Professional homeopathic care would primarily seek to strengthen the person’s overall defenses by finding a “constitutional remedy,” that is, an individualized remedy for the person’s unique health history and present physical and psychological symptoms. In addition to this constitutional care, homeopaths can also treat the various acute and chronic symptoms that emerge as a part of the overall disease of AIDS.

Although homeopaths can treat people who are on conventional drugs, homeopaths generally have found best results with patients who resort less to conventional drugs.

Few studies have yet surveyed people with AIDS who use homeopathic medicines, though a survey conducted between June, 1996, and December, 1999, in Belgium found that between 14% and 22% of people with AIDS used homeopathic medicines (Colebunders, 2003). This survey found that people with AIDS who used homeopathic medicines tended to have a higher education level and a lower CD4+ lymphocyte count.

The following scientific studies suggest the value of homeopathic medicines in the treatment of people with AIDS.

Some researchers working in the Indian government conducted a double-blind placebo controlled study of 100 HIV+ individuals, 50 of whom were in CDC stage II (asymptomatic) and 50 of whom were in CDC stage III (with persistent generalized lymphadenopathy/PGL)(Rastogi, 1999). Each subject was interviewed in the same fashion, though half were given a homeopathic medicine and the other half given a placebo during a 15-month period of time. Patients with PGL who were given an individualized homeopathic medicine experienced elevation in CD4 T-cells from pre- to post-treatment ( $P<.01$ ) and in CD8 lymphocytes ( $P<.05$ ). There was also a statistically significant difference in CD4 cells between treatment and placebo groups.

The researchers found no statistically significant results in patients with CDC stage II HIV infection. This research suggests that homeopathic medicines are more effective in treating those people who are HIV+ who have some symptoms rather than those who are asymptomatic. This is not surprising, as homeopaths utilize symptoms as “clues” to help determine the best choice of a remedy.

These researchers earlier conducted a study that showed significant improvement in immune panels and blood work in HIV+ and AIDS patients as the result of homeopathic treatment (Rastogi, 1993).

These same researchers also conducted a study on the immunological status of 34 HIV+ patients (Singh, 1994). After six months of individualized homeopathic treatment, 23 (67%) of the 34 subjects' immune profiles improved. Thirteen patients experienced a 0-10% increase in CD4 lymphocytes (a higher number of CD4 lymphocytes suggests a stronger immune response) and 10 patients experienced a greater than 10% increase. Because there is a tendency for people with HIV to have continually decreasing CD4 lymphocytes, this study suggests that homeopathic medicines provided a benefit to the subjects.

In addition to the above controlled studies using conventional homeopathic medicines to treat people with AIDS, there is an interesting body of preliminary clinical trials using homeopathic doses of growth factors to treat people with AIDS (Ullman, 2003).

Two preliminary double-blinded, placebo controlled clinical studies (one original and one set of replication studies) in eight different cities throughout the United States over 8-16 weeks with 77 PWAs who used only natural therapies and no antivirals or steroids were conducted (Brewitt, et al, 2002). Two other follow-up studies were conducted spanning 2.5 years that evaluated long-term effects of these homeopathic medicines on 27 subjects in an open-label format (Brewitt, et al., 2000). One of these follow-up studies compared natural approaches with and without homeopathic growth factors to antiviral drug therapies. Seven subjects received homeopathic growth factors plus natural therapies, six subjects were given natural therapies without homeopathic growth factors, and 14 subjects were given conventional anti-viral therapies (Brewitt, et al, 2002).

The homeopathic medicines used in all of these studies were newly developed from those growth factors well known to have profound regulatory effects during  $G_1$  phase of the cell-cycle. This phase is critical to decision making about the cell's destiny for division, specialization, or death. HIV abrogates  $G_1$  during HIV infection, thus the

decisions critical to immune system function, immune cell diversity, and the regulation of DNA expression are hostage to viral control rather than host cell control. The homeopathic treatments used in the studies consisted of a combination of four homeopathic growth factors: insulin-like growth factor-1, platelet-derived growth factor BB, transforming growth factor beta-1, and granulocyte-macrophage colony stimulating factors. Each of these medicinal agents were prepared homeopathically to the 30C, 200C, and/or 1M potencies (equivalent to  $100^{-30}$ ,  $100^{-200}$ , and  $100^{-1,000}$  molar respectively). Patients were given 10 drops three times a day from each of four bottles of either the homeopathic medicines or placebo.

These studies found physical, immunological, neurological, metabolic, and quality of life benefits from the homeopathic growth factors.

Although these studies are provocative, these results and replication of findings were small and preliminary studies. Thus, one cannot yet determine what specific benefits accrued from the homeopathic growth factors. Larger studies conducted by independent researchers seem warranted.

A small but provocative study was conducted in Germany using 12C of *Staphylococcus aureus* Cowan I to treat people with AIDS (Danniger, Gallenberg, Kraeling, 2003). The use of this gram-positive bacteria is based on the authors' observation that HIV-DNA entry into target cell genomes and the development of AIDS occurs in the presence of additional CD4 T-cell stimulating antigens (such as bacterial toxins). The authors tested their hypothesis by using homeopathic doses of what is the most ubiquitous strain of gram-positive bacteria to reduce a person's susceptibility to AIDS. The authors present the results of treating five European and seven African patients with HIV (only 1 European was diagnosed with AIDS, while four of the African patients had advanced stage AIDS). Due to the small size of this study, the following statistics must be understood and used with caution. In the African patients the average CD4 increased significantly ( $p < .05$ ) from 10.2% to 26.0%, and there was also an equally significant change in the average CD4/CD8 ratio from 0.23 to 0.49.

As yet, only one study has asked the question: can homeopathic medicines be used to reduce the side effects of conventional medications? Trimethoprim-sulphamethoxazole (TMP-SMX) is a drug to prevent the onset of PCP. However, up to 80% of HIV-infected patients experience hypersensitive reactions to this drug. Researchers conducted an open, uncontrolled, prospective study using homeopathic doses of TMP-SMX to see if it could reduce the side effects of this drug (Bissuel, Cotte, Crapanne, et al, 1995). Twenty HIV-infected patients with a history of reactions in the previous 12 months were given a 9C dose twice daily for 10 days and then a 15C dose twice daily for 10 days prior to taking conventional doses of TMP-SMX. With a mean follow-up of 6 months, 13 patients tolerated the TMP-SMX rechallenge well without any adverse reactions, and none developed PCP or toxoplasmosis during follow-up. Six patients developed skin reactions within 24 hours, one of whom later developed PCP and one who developed cerebral toxoplasmosis. One other patient developed a skin reaction within three months. Because two-thirds of the patients responded well to the use of this homeopathic approach to desensitization, the researchers suggested that these findings be confirmed by a double-blind, placebo-controlled trial.

Although homeopathic medicines are not considered to have traditional antiviral action, their ability to augment the body's own defenses suggests that they have antiviral

effects. One study on chicken embryo viruses showed that eight of ten homeopathic medicines tested inhibited the growth of the viruses by 50 to 100% (Singh and Gupta, 1985). A similar study done by the same researchers did find, however, that none of the four homeopathic medicines tested for their effects on a mouse virus had any effect (Singh and Gupta, 1985). Taken together, these studies suggest that homeopathic medicines can have significant antiviral effects, but it is necessary to find the individualized remedy for each situation.

Despite this preliminary work, it is important to understand that homeopathic medicines do not have traditional antiviral effects but seem to have immunomodulatory effects ("immunomodulatory effects" refers to a tonification of the body's immune system--that is, an ability to augment immune response when it needs to be stimulated and to depress an already overstimulated immune system). One laboratory study showed that the homeopathic medicine *Silicea* had dramatic effects on *stimulating* macrophages, an important part of the body's immune system, by 55.5% to 67.5% (Davenas, 1987). On the other hand, another clinical trial showed the efficacy of individualized homeopathic medicines on the treatment of people with rheumatoid arthritis (Gibson, 1980), an autoimmune disease, which is when a person's immune system is overly active, leading the body to attack itself. This study suggests that homeopathic medicines *decreased* the overly active immune system.

Other studies have shown the immunomodulatory effects of homeopathic medicines (Bastide, 1987; Durat, 1988), though their description is too technical for this body of information (See P. Bellavite and A. Signorini, *The Emerging Science of Homeopathy: Biodynamics, Complexity, and Nanopharmacology*. Berkeley: North Atlantic, 2002).

It is now becoming increasingly common for people with AIDS to go on "drug holidays" (also called "structured treatment interruptions"), in which the patient significantly reduces or does not take any conventional AIDS treatment drugs. Homeopathic medicines can and should be considered during these times (Ullman, 2003).

### ***In Summary***

The history of homeopathy's successes in treating infectious disease epidemics, the research that suggests the immunomodulatory effects of homeopathic medicines, and the clinical research on HIV+ and AIDS patients that indicates beneficial response to homeopathic medicines should command attention of physicians, scientists, and public health officials. Despite this body of work, it is both surprising and disappointing that homeopathic medicine is consistently ignored as a viable part of a comprehensive program to treat HIV+ and AIDS patients.

Homeopathy is not the only alternative being ignored by the AIDS medical community. Even though a large number of people with AIDS, especially long-term survivors, are using one or more alternative treatments, there is little data on their use or success. Even the leading AIDS organizations are likewise ignoring any serious investigation of their use. Until AIDS activists, the concerned general public, and open-minded health professionals insist that research on alternatives be performed, potentially valuable therapies will continue to be ignored, and the AIDS epidemic will continue to devastate our society. When these alternative therapies are integrated within a

comprehensive program that includes public health measures that seek to prevent infection, the AIDS epidemic will finally begin to recede.

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### **Allergies (food)**

Food allergies generally represent symptoms of a person's constitutional disposition and are most effectively treated by a professional homeopath. To obtain temporary relief of symptoms, look under the specific acute symptoms being experiencing (Indigestion, Headache, Diarrhea, Fatigue, etc.).

## **Allergies (respiratory)**

**BOTTOMLINE:** Allergies are the most researched and most proven ailment that homeopathic medicines have been found to treat effectively. Homeopathy should be the first choice of treatment. Primary care homeopathy can be an effective treatment, though professional homeopathic care should be considered to treat the underlying susceptible state to allergens.

A small and forgotten footnote in medical history involves a homeopathic physician from Scotland, C.H. Blackley, who in 1871 first identified pollen as the cause of hayfever (Reilly, 1986). Another forgotten fact of history is that one of three founders of the American Academy of Allergy was a San Francisco homeopathic physician, Dr. Grant L. Selfridge (Cohen, 1979). Dr. Selfridge was also the first to conduct a botanical and pollen survey in the West.

Although homeopaths have often been at the forefront of medical research and discovery, it is particularly appropriate and even predictable that they would lead the way in the field of allergy. Because the primary principle of modern allergy treatment derives from the homeopathic principle of "treating like with like," the spirit of homeopathy has lived on, despite the tendency of orthodox physicians to ignore it.

### ***Conventional Treatment of Allergies***

Conventional medical treatment for allergies usually consists of antihistamines, steroids, and desensitization shots. In obstinate cases, laser surgery may be utilized to vaporize mucus-forming nasal tissue. People with allergies know that these treatments don't cure; at best, they provide temporary relief of symptoms, and at worst (and too frequently), they create side effects that can be worse than the allergy symptoms themselves.

One of the common drugs for allergies is Benadryl, which contains diphenhydramine, a chemical that is known for causing drowsiness as a side effect. The creativity of conventional drug manufacturers, however, is evidenced by their marketing this same drug ingredient as a treatment for insomnia. Ironically, what is called a "side effect" of a drug in one instance is considered its "primary effect" in another.

Perhaps the greatest misunderstanding about allergies is the assumption that the allergen (the cat dander, the pollen, the housedust mite, or whatever) is the problem. Actually, the allergen is simply the trigger, while the allergic person's body is the loaded gun. Rather than just treating symptoms or avoiding the allergen, the best course is to take action to strengthen the body's own immune and defense system. Natural therapies help to empty and clean out the loaded gun or simply make it shoot blanks.

### ***Homeopathy and Allergies***

In the near future when homeopathic medicines are more widely accepted by the majority of orthodox physicians, doctors will likely maintain that they have always been supporters of homeopathy and homeopathic principles. They will point to conventional allergy treatment as an example of this.

While it is partially true that conventional medical treatment of allergy uses small doses of a substance to which the person is actually allergic and even though this principle is the basis of homeopathy, homeopaths use considerably smaller doses than conventional allergy shots. Also, homeopaths generally find that using the same substance to which the person is allergic may relieve a person's symptoms, but it will not truly or deeply cure the person's allergic reactions.

Homeopaths instead prescribe a "constitutional medicine," a remedy that is individually chosen based on the constellation of physical and psychological symptoms that the person is experiencing, not just the allergy symptoms. Finding a person's constitutional medicine requires the highly individualized care of professional homeopath.

People can use homeopathic medicines to treat the acute phase of their allergy without having to become a homeopath. Laypeople can either learn which individual homeopathic medicine is indicated for their unique symptoms (some of which will be described later, along with a list of recommended books for further explanation), or they can take one of the many "homeopathic formula" products for allergy which are commonly available at health food stores and pharmacies.

Although self-treatment with homeopathic formulas and individual medicines will not usually "cure" a person's allergy, they will often provide effective temporary relief and will do so without side effects.

Research has proven the effectiveness of homeopathic medicines in hay fever. Dr. David Reilly, a professor and homeopath at the University of Glasgow in Scotland, published what is considered the best study of the homeopathic treatment of hay fever (Reilly, 1986). Published in the *Lancet*, this study showed that homeopathically prepared doses of 12 common flowers were very effective in reducing hay fever symptoms when compared with patients given a placebo. Patients given a placebo had six times more symptoms than those given a homeopathic medicine.

Another study of hay fever compared the effectiveness of a homeopathic medicine (*Galphimia 6c*) with a placebo. What was particularly interesting about this study is that the researchers also compared these two preparations with a dose of *Galphimia* that was diluted 1:10 six times without the common procedure of vigorously shaking the solution upon each dilution. This study showed that only the correctly manufactured homeopathic medicine that was both diluted 1:10 and shaken was found to be effective (Wiesenaue, 1996). This study was not long enough to compare the side effects from these two treatments, but one can easily assume that the homeopathic medicine will be a lot safer than the conventional drug.

This team of researchers actually conducted seven studies with this medicine, and they have consistently found it to be effective (Wiesenaue, 1985). Still further, this team tested a homeopathic combination medicine, which consisted of *Galphimia*, *Luffa operculata*, *Histamine*, and *Sulphur* and compared it with Cromolyn sodium spray, which is one of the most popular over-the-counter conventional medicines. This randomized, double-blind study of 146 patients with hayfever for 42 days, four times a day per nostril. The researchers found that these two treatments were equally effective (Weiser, 1999).

Another important experiment using homeopathic medicines to treat an allergy disorder was the treatment of asthma (Reilly, 1994). This study was published in the *Lancet* and showed a significant benefit in those patients given a homeopathically-

prepared dose of the specific substance to which conventional allergy testing showed the person was most allergic. This study showed benefit from the homeopathic medicine within the first week and lasting through the end of the trial eight weeks later.

One important (and practical) observation from this study was that the greatest number of people with asthma were allergic to housedust mite. Giving these people homeopathic doses of housedust mite had significant beneficial effects.

A fourth clinical trial by this group of Glasgow researchers found efficacy of homeopathic medicine in perennial allergic rhinitis (Taylor, 2000). The researchers found that patients given a homeopathically potentized dose (30C) of whatever substance to which they were most allergic experienced a significant improvement in nasal inspiratory flow comparable with the improvement typically experienced by patients given steroidal drugs.

The Glasgow researchers also evaluated improvement in each of their four studies by the Visual Analog Scale (VAS). Although the difference in the VAS in the last study was not significant, a meta-analysis of the four studies found a highly significant difference in patients given a homeopathic medicine ( $P=.0007$ ). The researchers theorized that the non-significant difference in the fourth study may have been the result of having a significantly higher healing crisis (or aggravation of symptoms) within the first 48 hours by 29% of the homeopathic patients as compared with only 7% of the placebo patients.

A group of British physicians sought to replicate the above-described asthma study, but Dr. Reilly, who served as a consultant to the study, expressed concern during the study design phase that the researchers were not adequately following his protocols (Reilly, 2002). This study of 202 asthma patients found that there was statistically significant improvements in the two primary outcome measures in subjects given House Dust Mite 30C as well as those given a placebo, but there were no statistically significant differences in those who were given the homeopathic medicine and those given a placebo (Lewith, 2002). There were statistically significant differences between the treatment and the placebo groups in the secondary outcome measures, including the morning peak expiratory flow ( $P=0.025$ ), asthma visual analogue scale ( $P=0.017$ ), and the mood of the subjects ( $P=0.035$ ). There was also reduced use of the conventional bronchodilator usage in the homeopathic patients, though this difference was not statistically significant.

Although there have now been several trials showing efficacy of treatment by using homeopathic doses of an allergen, one study made from the pollen of birch trees (*Betula*) found no difference in symptoms as compared with those subjects given a placebo (Aabel, 2001).

Two Israeli physicians reported on a retrospective analysis of patients with allergies who had received individually chosen homeopathic medicines (Frenkel and Hermoni, 2002). Their clinic's database revealed that 27 of 31 patients who had used conventional drugs in the treatment of their allergies (antihistamines, steroids, and decongestants) showed a reduced usage of their drugs after given homeopathic treatment. Two patients experienced an increase in drug usage, and two patients showed no change. Of the 17 patients who did not use conventional drugs in the treatment of their allergies, 13 remained non-users and four had them prescribed within 3 months after receiving homeopathic treatment.

Although this study was not double-blind or placebo controlled, it provides a glimpse into real world health care and its results. These results suggest that the usage of homeopathic medicines for people suffering from allergies leads to reduced usage of conventional drugs, and based on the lower cost of homeopathic medicines, the authors of this report also suggest that there are also cost savings that result from homeopathic treatment.

A 4-week, double-blind clinical trial comparing homeopathic preparations with placebo was conducted in the Phoenix metropolitan area during the regional allergy season from February to May. The treatment group was given a homeopathic preparation of common allergens in the Southwest region of the U.S. Participants included 40 men and women, 26-63 years of age, diagnosed with moderate to severe seasonal allergic rhinitis symptoms. Study outcomes included allergy-specific symptoms using the rhinoconjunctivitis quality-of-life questionnaire (RQLQ), functional quality of life using the Medical Outcomes Study Short Form-36 (MOS SF-36), and the work productivity and activity impairment (WPAI) questionnaire. The scales from the RQLQ, MOS SF-36, and WPAI questionnaire showed significant positive changes from baseline to 4 weeks in the homeopathic group compared with the placebo group ( $p < 0.05$ ). Subjects reported no adverse effects during the intervention period. These preliminary findings indicate potential benefits of the homeopathic intervention in reducing symptoms and improving quality of life in patients with seasonal allergic rhinitis in the Southwestern US.

In addition to these clinical trials there have also been several laboratory studies. One such experiment showed that homeopathic doses of *Apis mellifica* (honey bee) and *Lung histamine* had degranulated basophils, which are a type of white blood cell related to allergy symptoms (Poitevin, 1988).

A survey was conducted with over 400 people in Mexico who experienced respiratory allergies (Felix Berumen, et al, 2004). The survey discovered that 34.4% of people used at least one type of alternative medicine in the treatment of their allergies. Of these people, homeopathic medicines were the most popular alternative treatment, with 78.2% of these people using homeopathy.

### ***Treatment Options***

There are specific treatment options that people can consider:

- 1) To follow the studies of the Glasgow researchers, use conventional allergy testing to determine to what the patient is allergic and then take the 30C dose of this substance (these products are available through select homeopathic pharmacies).
- 2) Two of the Glasgow studies involved subjects with hay fever, and these studies used a combination homeopathic medicine that included flowers to which the patients were allergic. People might consider prescribing a homeopathic medicine that contains many of the common flowers to which the hay fever subject is sensitive (these products in the U.S. are available from [www.homeopathic.com](http://www.homeopathic.com)).
- 3) People with hay fever could consider taking *Galphimia glauca* 4C or 6C as long as hay fever symptoms persist, or use a homeopathic combination remedy in which this remedy is an ingredient.

- 4) People with allergies could consider taking an individualized single homeopathic medicine as recommended in various homeopathic acute care guidebooks (a brief summary of some of the key remedies is listed below).
- 5) People with severe and/or recurrent allergy symptoms should consider consulting with a professional homeopath for “constitutional care” in order to improve the person’s overall level of health which sometimes provides a real cure of an allergic condition.

### ***Specific Individual Remedies***

If these individual remedies are not available or if you cannot find the best one to fit the patient’s symptoms, there are now numerous "homeopathic formula products" readily available in health food stores. These natural remedies are extremely easy to use and often work well.

- *Allium cepa* (the common onion): Because onions are known to cause tearing of the eyes and running of the nose, they are wonderfully effective in treating such symptoms when given in homeopathic microdoses. Specifically, people who will benefit from *Allium cepa* experience an acute, profuse, fluent, burning nasal discharge that is worse in a warm room and better in the open air. They have a profuse, bland (non-burning) tearing with reddened eyes, and will desire to rub their eyes frequently. They experience a raw feeling in the nose with a tingling sensation and violent sneezing. Usually, the various nasal symptoms are worst on the left or begin on the left and move to the right side. A frontal congestive headache may be concurrent with their allergy symptoms. These symptoms tend to exacerbate after damp winds.
- *Euphrasia* (eyebright, an herb) has the opposite symptoms as those who need *Allium cepa*: they have profuse burning tears from the eyes and a bland nasal discharge. Their eyes water so much the person looks awash in tears. The whites of the eye and the cheeks become reddened from the burning tears, and blinking provides relief but this is just temporary. The eye symptoms are worse in the open air. The profuse bland nasal discharge is worse at night, while lying down, and in windy weather.
- *Arsenicum album* (white arsenic): Burning tears and nasal discharge with obstruction that are often worse on the right side characterize the symptoms related to *Arsenicum*. These people's symptoms are worse at and after midnight. They toss and turn in bed and become very anxious, frightened, and restless during breathing difficulties. They are very chilly and are aggravated by breathing in cold air, and they feel better in a warm room or from warmth in general. They usually have a great thirst but only take sips at a time, and they usually prefer warm drinks. These people are sensitive to light, have violent sneezing, and may develop asthmatic breathing. This remedy can be useful for both acute and chronic allergy symptoms. People who need this remedy have or tend to develop a fastidious character (they may feel compelled to clean or bring order to their home or office even during an illness). They also tend to prefer company to being alone.
- *Nux vomica* (poison nut, a seed from a tree): When an allergy sufferer is particularly irritable and chilly and has a fluent nasal discharge during the day and congestion at night, *Nux vomica* is often their remedy. Their symptoms tend to be worse indoors and better in the open air. They are sensitive to the cold, being uncovered, and are irritated by noise, odors, and light. They feel better in a warm room and drinking warm fluids.

Frequent sneezing may be experienced, especially upon rising in the morning. Their symptoms sometimes begin after being irritated, vexed, or fatigued. This remedy can be useful for both acute and chronic allergy symptoms.

- *Pulsatilla* (windflower, an herb): This is an extremely common remedy for both women and children. These people have a nasal discharge during the day and congestion at night (just like people who need *Nux vomica*). However, people who need *Pulsatilla* are quite different from people who need *Nux vomica*: they are usually gentle, mild, yielding, impressionable, emotional, and moody people who seek attention and sympathy, rather than the argument and conflict in which *Nux vomica* people indulge. People who need *Pulsatilla* have congestion which is worse in a warm room, hot weather, or while lying down, and is relieved in cool rooms, open air, or with cool applications. Their symptoms can be aggravated by milk products, rich foods, and fats. They tend to have itching at the roof of their mouth at night. They tend to be without thirst. This remedy can be useful for both acute and chronic allergy symptoms.
- *Natrum muriaticum* (salt): This remedy is indicated when the person's nasal discharge is profuse and like egg whites for the first several days, then leading to nasal obstruction. Typically, the person may also experience a herpetic eruption on the lips or a hammering frontal headache or behind the eyes. The symptoms are worse from exposure to heat and the sun and from 9 to 11 am. The person craves salt and tends to be very thirsty. This remedy tends to be indicated in people who suppress their emotions, especially grief.
- *Ambrosia* (ragweed): This remedy is useful for people with allergies to ragweed.
- *Sabadilla* (cevadilla seed): This medicine is effective in treating allergies, especially hayfever, with frequent, spasmodic sneezing that exhausts the person. Sneezing usually results from a tickling inside the nose, and sneezing causes tearing from the eyes. These people are worse in the open air and feel relief in a warm room. The person usually also has a profuse, watery nasal discharge and red and burning eyelid margins. Despite having a dry mouth, these people tend to have little thirst.
- *Solidago* (goldenrod): People who are allergic to goldenrod benefit from this remedy.
- *House dust mite*: This is the remedy to consider for people with allergies to house dust mite, which is the most common allergen in the world today.
- *Arum triphyllum* (jack in the pulpit): This remedy is useful for people with allergies who experience such irritation inside the nose that they feel forced to bore their fingers into their nose or they seek to rub, itch, or pick at their lips and face. The throat, mouth, tongue, and palate may experience burning pain, making it difficult to eat or drink, despite having a thirst. These people may experience concurrent hoarseness and peeling and chapping of the lips.
- *Kali bichromicum* (potassium bicarbonate): Consider this remedy when the person experiences thick, stringy, green or yellowish mucus from the nose or throat. The person may also have a post-nasal drip and pain at the root of the nose that may be relieved from hard pressure.
- *Wyethia* (poison weed): This remedy is indicated when the person experiences tremendous itching of the upper palate of the mouth, causing the person to make "clucking" noises in effort to provide some relief. The person also has itching of the nose and throat, along with a constant desire to swallow saliva to relieve the dryness experienced.

- *Histaminum* (histamine): Consider this remedy either when no other remedy seems accurate or if other remedies have been tried and haven't worked.

DOSE: Give the 6, 12, or 30th potency every two hours during intense symptoms and every four hours during mild symptoms. It is unnecessary to take them longer than two days.

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## Anger

**BOTTOMLINE:** Acute phases of anger can be effectively self-treated with homeopathic medicines, while chronic anger is best treated by a professional homeopath.

One cannot adequately describe all of the various kinds of anger and the specific homeopathic medicines that match them in an ebook of this scope. The following remedies represent a small number of the most common medicines that have anger as a primary aspect of their dis-ease. (See also the remedies under Abuse)

- *Nux vomica* (poison nut): People who benefit from this medicine are impatient types who are hard driving, competitive, irritable, and indignant individuals who are "stressed out" and who (consciously or not) make others equally stressed out. They are easily irritated by anything and will cause irritation to others. They tend to be hyper-critical and aggressive. This remedy is more commonly indicated in men but can be indicated in women. This is a common remedy for people who over-indulge in alcohol, drugs, coffee, and rich foods.
- *Staphysagria* (stavesacre): A person who needs this remedy tends to suppress their anger and then express it in a rage. This person more commonly tends to be the abusee, but can be the abuser if s/he is humiliated.
- *Chamomilla* (chamomille): When a person becomes hyperirritable, is hypersensitive to pain, and makes many demands but then rejects what is offered, consider this remedy. This medicine is most commonly indicated during infancy, during drug withdrawal, and during the end stages of life.
- *Sepia* (cuttlefish): This remedy is a common medicine for women going through menopause and for independent women who are assertive, aggressive, critical, and strongly insist on doing things their way. Their anger is rarely violent, but manifests as a nagging, bossy irritability.
- *Aurum metallicum* (gold): This is a remedy for very serious people who have a sense of duty and great responsibility in their life, but when things go wrong, they become angry and deeply depressed (sometimes contemplating suicide). They tend to abuse alcohol and drugs that aggravate their condition significantly.

**DOSE:** The 12th or 30th potency is recommended, and only one to six doses per episode are all that is generally needed to elicit a beneficial response. If the patient repeatedly feels the need to take one of the above remedies, it is best to seek professional homeopathic attention to deal with the underlying disease from which the chronic state of anger manifests.

**RESOURCE:** Judyth Reichenberg Ullman, ND, MSW, and Robert Ullman, ND, *Rage Free Kids: Homeopathic Medicine for Defiant, Aggressive, and Violent Children*, Rocklin, CA: Prima, 1999 (NOTE: This book provides information that is clinically useful in the treatment of adults as well.)

## Anxiety

**BOTTOMLINE:** Homeopathic medicines can be very effective in treating anxiety disorders. It is recommended to seek professional homeopathic care for serious or recurrent anxiety, while acute stages of this emotional state can sometimes be effectively treated with primary care homeopathy.

The Menninger Clinic is world-renowned as one of the leading mental health centers for research and treatment. Most people don't know it, but the founder of the Menninger Clinic, Charles Frederick Menninger, MD, was originally a homeopathic physician. He was also the head of his local homeopathic medical society. He was so impressed with his results from homeopathic medicines, he once said, "Homeopathy is wholly capable of satisfying the therapeutic demands of this age better than any other system or school of medicine."

Some research has shown benefits in using the herb Kava kava to treat anxiety states. However, homeopaths generally find it is necessary to prescribe individualized homeopathic remedies to each patient to attain long-term results, including sustained results without requiring continual doses of any medicine (natural or otherwise).

Jonathan Davidson, MD, a professor of psychiatry at Duke University, conducted a small study of adults with major depression, social phobia, or panic disorder. He found that 60% of the patients responded favorably to homeopathic treatment (Davidson, 1995; Davidson, 1997). When one recognizes the considerable safety in using homeopathic medicines, it is remarkable that the majority of psychiatrists and psychologists are not referring appropriate patients to homeopaths prior to having powerful conventional drugs prescribed for them.

A study in Israel was conducted with forty-four patients who experienced DSM-IV generalized anxiety disorder (Bonne, 2003). This study was a randomized, double-blind, placebo-controlled 10-week trial in which an individually chosen homeopathic remedy was prescribed. Thirty-nine subjects completed the study (20 in the active treatment group and 19 in the placebo group). Subjects' symptoms were rated before treatment and after 5 and 10 weeks of treatment, with the Hamilton Rating Scale for Anxiety (HAM-A) as main outcome measure. Additional measures of outcome included the Brief Symptom Inventory, the Psychological General Well-Being Index, the Hamilton Rating Scale for Depression, the Beck Depression Inventory, Spielberger's State-Trait Anxiety Inventory, and a Visual Analogue Scale of subjective distress.

There was significant ( $p < .05$ ) improvement in most measures, including the HAM-A, in both the active treatment and placebo groups, but there was no statistically significant difference between the two groups.

A double-blind placebo-controlled trial was conducted in France with patients suffering from anxiety in which half were given a homeopathic formula marketed as "L.72" in France and "Anti-anxiety" in the USA (Heulluy, 1985). What is interesting about this study is that it did not find that this homeopathic formula product was effective in treating anxiety, but it was found to have statistically significant beneficial effects in the treatment of insomnia ( $p=0.05$ ). This study suggests that this product is not being marketed for the condition that it seems to be more effective in treating. (The formula

consists of: Sumbucus 3DH; Gaulther 4DH; Cicuta virosa 4DH; Asafoetida 3DH; Corydalis form. 3DH; Ignatia 4DH; Valeriana 3DH; Staphysagria 4DH; Avena sativa TM; Hyoscyamus 2DH – note: “DH” is a similar potency as “X”)

A study in France tested the efficacy of two homeopathic combination medicines as a substitute for benzodiazepines (Cialdella, Boissel, Belon, 2001). This was a randomized double-blind, placebo-controlled study with a total of 61 patients, though 19 patients interrupted their treatment. No statistical significant improvement was found in patients given the homeopathic medicines, but there was a lack of statistical power because only a small number of patients finished the trial.

Dr. Edward Bach developed a formula of five flower remedies that he called “Rescue Remedy.” He primarily recommended it for emergencies, sudden illness, and/or shock and trauma of injury. Dr. Philip Chancellor, author of a classic book on the subject, asserted that this remedy does not replace medical treatment, but it can prevent physical complications as a result of the shock of injury or illness that is experienced. The examples he gave included: the slam of a door on a bodily part, the receipt of bad news, and an accident involving loss of consciousness.

Despite these indications, “Rescue Remedy” is commonly marketed today for “stress” and various anxiety conditions.

Two randomized, double-blind, placebo-controlled studies were conducted to evaluate the efficacy of “Rescue Remedy” for “examination anxiety” in university students (Armstrong and Ernst, 2001; Walach, Rilling, and Engelke, 2001). Both studies found no difference between this remedy and placebo.

Serious or recurring psychological distress requires the attention of a professional homeopath, though there are a couple of homeopathic medicines that can be useful in acute situations.

- *Ignatia* (St. Ignatius bean) is the leading remedy in homeopathy for acute stages of anxiety and depression, especially after the break-up of a relationship or the death of a loved one. People who need this remedy tend to try to hold back their emotions, but ultimately they can’t which results in uncontrollable sobbing, or sometimes, intercurrent crying and laughing. These people are unable to catch their breath, and this manifests in frequent sighing or a lump in the throat.
- *Aconitum* (monkshood) is a useful remedy for acute anxiety as a result of a sudden stress such as a car accident or natural disaster. Aconitum is particularly helpful for those states of shock in which the person thinks (or knows) that they are severely injured and become panicky as a result. Aconitum not only has the capacity to calm them but also to help begin the healing so that the severity of the injury is reduced. This remedy is also beneficial for the anxiety or panic state after an earthquake, tornado, fire, or other natural disaster.
- *Gelsemium* (yellow jessamine) is useful for performance anxiety, whether one is about to perform or simply take an examination. It is particularly indicated when the person feels unable to face any challenge (“I can’t cope”), feels or acts cowardly (“I give up”), and feels “paralyzed” from anticipation and fear. Physically, these people tend to feel weak and may tremble. This remedy is a leading medicine for influenza, and people who

need it may suffer from a state of anxiety and anticipation that mimics a viral infection (weakness, sleepiness, mental dullness, and apathy).

- *Staphysagria* (stavesacre, an herb) is usually indicated during or after an abusive relationship, especially when the person experiences much humiliation, which then results in anger and indignation. The people who benefit from this remedy may have held in their emotions at first, but now they explode in rage. They may tremble, throw things, lose their voice, or suffer from various physical ailments, especially headaches, indigestion, urinary problems, or skin disorders.
- *Argentum nitricum* (silver nitrate) is also for performance anxiety. Their greatest fear is that they don't know what will happen. They become restless and impulsive and may do rash things. Physically, they tend to experience diarrhea or flatulence. These people may crave sweet foods, and they sometimes aggravate them.
- *Lycopodium* (club moss), like *Argentum nitricum*, is useful for bloating from anticipatory anxiety and a craving for sweets, but this remedy is more known for having a lack of self-confidence that is compensated for by a haughtiness and frequent boasting. Being alone aggravates their anxiety, and they experience some relief from warm drinks.
- *Arnica* (mountain daisy) should be considered when a person's anxiety is the result of financial loss or a business failure, and the person feels emotionally "bruised" from the experience (this medicine is the leading remedy for bruises). The person may be in a state of shock, a condition in which the person denies that anything is wrong, even though the person's behavior and persistent thoughts suggest otherwise.
- *Kali phosphoricum* (phosphate of potassium): This is one of homeopathy's great "nerve" remedies. It is a remedy for people who may need more "nerve" or more of a backbone. People who need this remedy experience various physical ailments from worry, from overwork, and from getting overexcited. This is a remedy for people who think that everything becomes a major task. They are nervous and are easily startled and frightened. They are easily stressed, and they fear that they may have a nervous breakdown.

DOSE: Use the 6<sup>th</sup>, 12<sup>th</sup>, or 30<sup>th</sup> potency. The more confident you are about the selection of the remedy, the higher potency should be used. Give every two hours during intense symptoms and every four hours for mild symptoms. If relief is not observed after a night's rest, consider another remedy.

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#### RESOURCE:

Judyth Reichenberg Ullman, ND, MSW, and Robert Ullman, ND, *Prozac Free: Homeopathic Alternatives to Conventional Drug Therapies*, Berkeley: North Atlantic, 2002.

## Arthritis

**BOTTOMLINE:** Relief of acute arthritic pain can be provided through homeopathic primary care, either using individually chosen homeopathic medicines or homeopathic formula products, and there is mounting evidence for this in the scientific literature. For deeper and longer-term relief, it is highly recommended to seek professional homeopathic care.

Homeopaths do not simply treat arthritis but the person with arthritis. Because arthritis is usually only a part (sometimes a significant part) of the dis-ease, the homeopathic approach makes sense and is often very effective. The best results tend to occur in people who are in early onset or in people who have not taken massive doses of corticosteroidal drugs, though at least some relief can be provided to people in varying stages of arthritis using the correct remedy.

Two reviews of research have concluded that there is a body of evidence to suggest that homeopathic medicines, either individually prescribed or used in a homeopathic formula, can provide relief for people with rheumatic disease (Jonas, 2000) or osteoarthritis (Long, 2001), though more research is warranted.

One study on the homeopathic treatment of people with rheumatoid arthritis was published in the *British Journal of Clinical Pharmacology*. This study found that 82% of those patients prescribed an individually chosen homeopathic medicine experienced some relief of their arthritic pain, while only 21% of patients prescribed a placebo experienced a similar degree of relief (Gibson, 1980). Another study compared the results of a homeopathic formula product with acetaminophen in the treatment of osteoarthritis, and the homeopathic remedy was found to be safer and more effective as this conventional drug (Shealy, 1998). A third study on patients with osteoarthritis tested a single homeopathic medicine (*Rhus toxicodendron* 6C); this remedy was not found to be more effective than a placebo or a conventional drug (Shipley, 1983). However, the study was fundamentally flawed because *Rhus toxicodendron* is more commonly effective for people with rheumatoid arthritis, not osteoarthritis.

One new study that was not a part of the above mentioned reviews of research compared a homeopathic topical application with a conventional drug, a non-steroidal anti-inflammatory drug. This randomized, double-blind trial found that a homeopathic topical gel was as effective and as tolerated as piroxicam gel (van Haselen, 2000). This trial evaluated the care of 172 osteoarthritic patients over 4 weeks as they applied either a homeopathic gel or piroxicam gel three times daily. The homeopathic gel contained *Symphytum*, *Rhus toxicodendron*, and *Ledum palustre*.

Another new trial that was not a part of the above reviews of research was a randomized, double-blind, placebo-controlled trial on the individualized homeopathic treatment of people with rheumatoid arthritis (Fisher and Scott, 2001). It found no difference over a 6-month period in those given a homeopathic medicine and those given a placebo. The researchers theorized that the negative results may have been because the patients were selected from a conventional clinic's practice, and the patients were regularly self-medicated with over-the-counter non-steroidal anti-inflammatory drugs.

The following short list is primarily to provide relief of the acute phase of the arthritic inflammation. It is best to obtain professional homeopathic care to obtain deeper and more significant relief and cure.

- *Rhus toxicodendron* (poison ivy): This is the most common remedy for acute arthritic pain. It is indicated when a person experiences a "rusty-gate" syndrome of arthritis, that is, when a person experiences great pains upon initial motion, reduced pain the more he or she moves around, and then becomes stiff again after resting for awhile. Typically, these people are particularly stiff in the morning upon waking and after they sit or lie still for a period of time. People who benefit from this remedy also tend to be very sensitive to cold and wet weather, and they tend to have aggravations of their symptoms at night and in bed. Warm bathing or showers and continued motion provide temporary relief of pain.
- *Bryonia* (white bryony): This remedy is indicated when arthritic pain is aggravated from any type of motion and the more the person moves, the worse pain the person experiences. Usually, this pain is sharp and excruciating. They experience some relief from lying still, heat, direct pressure, and lying on one's painful side, while their symptoms tend to be worse after exposure to cold, from simple jarring, and after eating. These people tend to be irritable, don't like to be examined, tend to be constipated, and want to be alone.
- *Apis* (honeybee): When a person experiences great swelling in the joint(s) with hot, burning, stinging pain, this remedy can be highly effective. Warm or hot applications as well as touch or pressure tend to aggravate their condition, while cool air and cold applications provide some relief.
- *Belladonna* (deadly nightshade): When rapid and violent onset of throbbing arthritic pain arises in red, hot, swollen joints, this is the remedy to consider. The arthritic symptoms are aggravated by touch, jarring, and especially by motion, and warm wraps relieve them.
- *Ruta* (rue): This remedy is sometimes given when the condition develops at the site of an old injury. The symptoms are aggravated by motion or touch, in the morning, and from exposure to cold, wet weather and are relieved by rubbing and warmth. It is also indicated when sensitive nodules develop on the periosteum and tendons after an injury.
- *Rhododendron* (yellow snow rose): Think of this remedy if *Rhus tox* seems indicated but doesn't work. It too is known for arthritic pains that are aggravated during cold and wet weather (especially storms), during night, and during rest (from sitting too long) and which are relieved by continued motion or walking. It is also known for arthritic pain in the small joints, lower back, or shoulder, with pains that wander from one place to another.
- *Kalmia* (mountain laurel): This remedy is useful for a sudden onset of severe acute arthritis, especially when the pain is paralyzing and tends to come and go. The arthritis pains may even move from one joint to another or tend to travel downward. Numbness, weakness, and trembling may also be experienced. A heart condition may alternate with arthritic symptoms. Motion of any sort and exposure to cold aggravates the pain, while hot bathing provides temporary relief.
- *Caulophyllum* (blue cohosh): This remedy is useful when arthritis primarily affects the small joints of the body, specifically those in the hands and/or feet. In particular, closing one's hands creates a lot of pain. This remedy is more often given to women than men,

especially when the woman is pregnant or experiences concurrent menstrual or hormonal disturbances.

- *Pulsatilla* (windflower): Consider this remedy when arthritic pains tend to move from one place to another. The symptoms are worse from initial motion or during rest, in the evening or at night, and definitely from exposure to warmth. The symptoms are relieved by cold applications and by slow motion. This remedy is also invaluable when a person has a *Pulsatilla* constitution: a gentle, mild, yielding, moody, sympathetic person.

DOSE: It is generally best to take the 6, 12, or 30<sup>th</sup> potency four to six times a day. Continue to take it only as long as it provides relief.

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#### RESOURCE:

Asa Hershoff, ND, DC, *Homeopathy for Musculoskeletal Healing*. Berkeley: North Atlantic, 1996.

## *Asthma*

**BOTTOMLINE:** Asthma is a serious and complex enough condition that it warrants the attention of a professional homeopath, though homeopathic primary care for acute asthma attacks can be effective. There is also some scientific evidence showing efficacy of homeopathic medicines in treating this disease.

Asthma is a serious and increasingly common disease. There are approximately 15 million people with asthma in the U.S. This disease costs the nation \$7 billion, including \$2 billion in hospital care, over \$1 billion in lost wages for parents who stayed home with sick children, over \$1 billion in medication, and approximately \$850 million in lost wages of adult sufferers.

Sir William Osler, considered the Father of Modern Medicine, was known to say, "Asthmatics don't die, they just pant into old age." However, research on the homeopathic treatment of asthma that has been published in *The Lancet* (December 10, 1994) suggests that relief is in sight for asthma sufferers.

### ***Research***

Research conducted by professors at the University of Glasgow, Europe's largest medical school, indicates that those patients given exceedingly small homeopathic doses of whatever substance to which they are most allergic can experience significant relief within the first week of treatment (Reilly, 1994). The authors called this unique method of individualizing medicines "homeopathic immunotherapy."

This double-blind, placebo-controlled trial showed that over 80% patients given a homeopathic remedy improved, while only 38% of patients given a placebo experienced a similar degree of relief. A homeopathic physician and a conventional physician assessed the patients. When the patients and doctors were asked if they felt the patient received the homeopathic medicine or the placebo, both the patients and the doctors tended to guess correctly.

The experiment was relatively small, with only 24 patients. In order for statistically significant results, such experiments must demonstrate a very large difference between those treated with a medicine and those given a placebo. Such was the case in this study.

The researchers utilized conventional allergy testing to determine the substances to which the asthmatic patients were most allergic, and then gave a 30th potency of this substance to half of the subjects (neither the experimenters nor the subjects knew who was given the medicine and who was given a placebo).

The most common substance to which asthma sufferers were allergic was housedust mite. Homeopathic doses (30x) of this substance were found to be extremely effective.

A group of British physicians sought to replicate the above-described asthma study, but Dr. Reilly, who served as a consultant to the study, expressed concern during the study design phase that the researchers were not adequately following his protocols (Reilly, 2002). This study of 202 asthma patients found that there was statistically significant improvements in the two primary outcome measures in subjects given House

Dust Mite 30C as well as those given a placebo, but there were no statistically significant differences in those who were given the homeopathic medicine and those given a placebo (Lewith, 2002). There were statistically significant differences between the treatment and the placebo groups in the secondary outcome measures, including the morning peak expiratory flow ( $P=0.025$ ), asthma visual analogue scale ( $P=0.017$ ), and the mood of the subjects ( $P=0.035$ ). There was also reduced use of the conventional bronchodilator usage in the homeopathic patients, though this difference was not statistically significant.

A double-blind, randomized, placebo-controlled trial was conducted in Cuba on patients with bronchial asthma (Riverson-Garrote, 1998). In this study 63 patients (34 children and 28 adults) participated, 39 of whom were given individualized homeopathic treatment and 24 were given a placebo.

In the treated group, 97.4% improved and 2.6% worsened. 87.2% reduced their use of conventional medication. In the placebo group, 12.5% improved, 16.7% stayed the same, and 70.8% worsened. None of the subjects given a placebo reduced their conventional medication.

The individually chosen remedy was prescribed in the 200C in liquid weekly or fortnightly in-between attacks. During attacks, 30C drops were given once daily, as follows:

- *Antimonium tartaricum* or *Ipecacuanha* were prescribed for “moist crises” when there is a moist cough, the presence of mucus that was difficult to expectorate, and with or without nasal discharge.
- *Arsenicum album* or *Grindelia* was prescribed for “dry crises” when there is a dry cough, no expectoration, and wheezes on auscultation. *Dulcarmara* was prescribed if a relapse was likely.

The most frequently prescribed remedies were: *Grindelia* (41.2%), *Arsenicum album* (38%), *Sulphur* (23.8%), *Antimonium tartaricum* (23.8%), *Lycopodium* (22.2%), and *Dulcarmara* (17.4%).

Another study prescribed a homeopathic combination remedy (a mixture of various homeopathic medicines) to asthma patients who were dependent upon corticosteroid drugs. This double-blind, placebo-controlled randomized study treated 40 asthma patients on corticosteroid drugs, and it showed that the 20 patients given the homeopathic medicine experienced greater improvement than those given a placebo and were able to reduce the dosage of their conventional drugs (R. Matusiewicz, 1997).

The American and European press recently reported on a study on the homeopathic treatment of children with asthma. Although this study seemed to suggest that homeopathic medicines didn't work, a more detailed analysis of this study showed that there were some clear and statistically significant benefits to children given a homeopathic medicine, and further, it was statistically impossible for this study to have a fully positive result. This was a placebo-controlled, double-blind, randomized study using individually chosen homeopathic medicines in the treatment of children with asthma (White, et al., 2003). This study involved 96 children with mild to moderate asthma as an adjunct to conventional treatment. There was no statistical significance between children given an individually chosen homeopathic medicine and those children given a placebo in the primary outcome measure of “quality of life,” though there was a statistically significant difference in the Childhood Asthma Questionnaire. A post-hoc analysis of time lost from school, favored homeopathy, though it is not clear whether this

was statistically significant. Other subscales of the Childhood Asthma Questionnaire showed small differences, consistently favoring homeopathy, but this study found no differences in the peak expiratory flow rate (one measure for clear breathing) and use of inhalers.

It should be noted that Quality of Life scores for the children in this study were exactly the same as those reported for normal, healthy children (and indeed asthmatic children). This measure for Quality of Life was therefore incapable of detecting an effect in this patient group. Even if every child prescribed a homeopathic medicine improved 100%, the difference would have been not clinically significant!

### ***Long History of Success***

The authors of this study had previously conducted two other experiments using homeopathic medicine in the treatment of another allergic condition, hay fever. One of these studies was also published in *The Lancet* (October 18, 1986).

Along with their recent asthma study, the authors performed a meta-analysis, reviewing all of the data from the three studies that totaled 202 subjects. The researchers found a similar pattern in the three studies. Improvement begins within the first week and continues through to the end of the trial four weeks later (research has not yet investigated longer time frames).

The results of this meta-analysis were so stunning that the authors concluded that either homeopathic medicines work or controlled clinical trials do not. Because modern science bases itself on controlled clinical trials, it is more likely that homeopathic medicines are effective.

Homeopaths have a long history of successful allergy treatment, and they have made important contributions to our present understanding of allergies. In fact, it was a British homeopath, C.H. Blackely, who in 1871 first noted that seasonal sneezing and nasal discharge were the result of exposure to pollen. An American homeopath, Dr. Grant L. Selfridge, was one of three physicians to start the organization that became the present American Academy of Allergy.

Medical history books must now be rewritten. Instead of describing homeopathy as a quack therapy, it must now be written that homeopathy has been misunderstood, attacked, and suppressed since its inception. While it is too early to determine how much of a role homeopathy will have in the future of health care, physicians and scientists must now make room for it, for homeopathy now has a clinically proven rightful place in health care.

### ***Specific Homeopathic Medicines for Asthma***

The following remedies should be considered for the acute asthma attack, though those who are not medical professionals should seek the concurrent attention of a physician. Also, once the acute attack is over, it is highly recommended to seek the care of a professional for a constitutional remedy that will reduce the frequency and intensity of future asthma attacks.

●● *Arsenicum album* (arsenic) is one of the most common remedies for an acute asthma attack. Some of its strongest indications are fearfulness, restlessness, weakness, and aggravation of the symptoms at or after midnight. It's not at all surprising that the asthmatic grows frightened when he can't get his breath, and *Arsenicum* suits the restless

agitation typical of this state. The patient tosses and turns or may suddenly spring out of bed to relieve the anxiety and to catch a deep breath. In spite of the urge to move around, a profound weakness often develops, and the person may become too weak to continue this restless behavior and may be unable to move much at all. Most *Arsenicum* patients have the worst time with wheezing and shortness of breath between midnight and 3 AM. If other symptoms suggest the medicine, however, don't hesitate to try it just because the asthma is worse at some other time of day or night. Lying down tends to aggravate their condition, and they feel compelled to sit up. Their condition is also aggravated by exposure to cold and is relieved by warmth and warm drinks. There may be accompanying cough, cold or hay fever symptoms. *Arsenicum* patients typically feel quite chilly and are relieved in general by warmth. They tend to be quite thirsty, most commonly for frequent sips of water.

- *Grindelia* (yellow tarweed; gumweed): Although this medicine is not at present widely known for its great use in asthma, homeopaths in Mexico and Cuba have found it to be an invaluable remedy in many cases of asthma. It is particularly indicated for suffocative attacks that are worse when falling asleep or during sleep and are partially relieved by sitting or standing. The person is fearful of going back to sleep and may experience heart palpitations. If the person has much mucus in the chest, it is very difficult to expectorate

“dry asthma” (no expectoration or nasal discharge)

- *House dust mite* (house dust mite): If the patient is allergic to this, a homeopathic dose of it is often effective. More people are allergic to house dust mite than any other substance, making this an important remedy for an acute attack of asthma.

- *Spongia* (roasted sponge) also suits certain classic cases of asthma with dry wheezing and little or no phlegm in the chest. Breathing is labored and noisy, sounding like whistling or sawing (typical of asthma but most pronounced when *Spongia* is the remedy). Often the asthma begins after the person has taken a chill or develops a cold. There may be sudden onset of wheezing with a feeling of suffocation just as the person begins to fall asleep, or the wheezing may be worse after sleep. Shortness of breath is made worse by lying down and by every motion, and it gets better when the person leans the head back. Warm food or drinks may also help relieve the wheezing. A dry barking or croupy cough commonly accompanies the symptoms.

- *Lobelia* (Indian tobacco) is another good medicine for the person with a typical asthma attack with wheezing, a feeling of constriction in the chest, a short, dry coughs. Like *Spongia*, the symptoms may begin after the person gets chilled or after any exertion. However, if breathing cold air definitely makes the wheezing worse, *Lobelia* is a better first choice. The wheezing isn't as loudly raspy as in *Spongia*. Some *Lobelia* patients have their worst symptoms around noon.

- *Sambucus nigra* (elder) can help people who feel like they are suffocating with wheezing, especially when the symptoms are worse at or after midnight, worse when lying down, and worse in the cold air. This remedy is particularly helpful when the person awakens from sleep with this suffocation that may even turn his/her face bluish and lead to great perspiration. Though one might consider *Arsenicum* under these circumstances, the patient who needs *Sambucus* probably won't show extreme fear or marked restlessness of that remedy. However, if those symptoms are present but *Arsenicum* doesn't help immediately, *Sambucus* would be a good medicine to try next.

- *Pulsatilla* (windflower): If the person with asthma is sweet and affectionate or perhaps tearful and clingy, feels oppressed by warm and stuffy rooms, and has little thirst, *Pulsatilla* is the probable remedy, no matter what the respiratory symptoms are. On the other hand, you may consider *Pulsatilla* when it is indicated by specific asthma symptoms, including wheezing that begins or is worse in the evening or at night and in a warm or stuffy room and that is relieved in a cool, breezy room (or by going outside). There is usually an accumulation of phlegm in the chest that must be coughed out. The asthma may be worse after eating, especially eating fatty or rich foods.
- *Ipecacuanha* (ipecac root) is indicated for those whose asthma is accompanied by a great deal of phlegm in the chest. The respiratory distress may be spasmodic and severe, with marked wheezing. You may hear, in addition to the wheezing, much rattling of mucus in the chest as the person breathes. Coughing is common and continual and sounds rattling from mucus deep in the chest. The cough may come in intense spasms that may continue until there is vomiting of food or mucus. The asthma tends to be worse at night and being in a warm room. The patient is often nauseated, and vomiting is common even when there is no coughing. Exhausted by the illness, the person looks pale and quite sick. Many of these symptoms are similar to those of *Pulsatilla*, but with *Ipecac*, the buildup of mucus is even greater and the characteristic mental symptoms of *Pulsatilla* are not prominent.
- *Antimonium tartaricum* (tartar emetic) is useful for children and the elderly who experience a loose, rattling respiration, both on inspiration and expiration. They have difficulty breathing at night, from exposure to heat, and from lying down. They are highly irritable, don't want to be touched or examined, and experience some relief in breathing when being fanned.
- *Bryonia* (white bryony) may be called for if the symptoms are typical of the remedy in general: aggravation caused by motion is pronounced, and the patient is warm, thirsty, and probably irritable. The wheezing is dry in character with little phlegm.
- *Chamomilla* (chamomille) should be considered for people with asthma, especially children, when they strongly display the irritability typical of the medicine. *Chamomilla* is also a good choice if the asthma attack began after anger and no other remedy is clearly indicated.
- *Kali bichromicum* (bichromate of potash) is indicated in asthmatic conditions when the person has sticky, stringy mucus, usually also experienced with sinusitis and postnasal drip. The cough is worse after eating and is relieved after expectoration.
- *Nux vomica* (poison nut) is useful for people who experience asthma attacks after great work stress, loss of sleep, or over-indulgence with alcohol or recreational drugs. Indigestion and gas are commonly also experienced. The person's symptoms are usually worse upon waking, at 4am, and from exposure to cold.

DOSE: The 6<sup>th</sup>, 12<sup>th</sup>, or 30<sup>th</sup> potencies are generally recommended (the more confident you are that the remedy you have chosen is correct, the higher the potency). Give one dose for every hour for three doses; after that, repeat whenever the symptoms get worse up to every two hours. If improvement is not observed within 24 hours, consider another remedy. The patient should stay in daily contact with the health practitioner during acute attacks.

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