

CLASSICAL **HOMEOPATHY**

in theory and practice



Petr Zachariáš

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Contents

Author's preface	8
Acknowledgements	10
Dedication	12
1 Chapter one: Similia similibus curentur – like cures like	13
1.1 The law of similars	13
1.2 Symptoms and their meaning	14
1.3 Why are we looking for a remedy that causes symptoms the person already suffers from?	19
1.4 Initial aggravation and its meaning	20
1.5 Discussion of the first chapter	22
2 Chapter two: Symptom pattern – totality of symptoms	36
2.1 Totality of symptoms and its meaning	36
2.2 Most important symptoms	37
2.3 Intensity of symptoms and rules for underlining	38
2.4 Layers of predispositions and layers of remedies	40
2.5 Classification of symptoms in relation to a prescription	42
2.6 Discussion of the second chapter	45

3	Chapter three:	
	Provings of homeopathic remedies	55
3.1	Proving	55
3.2	Proving and its goal	59
3.3	Discussion of the third chapter	61
4	Chapter four: Importance of individualization	64
4.1	Individualization	64
4.2	Individual sensitivity and individual symptoms	64
4.3	Isopathy	66
4.4	Discussion of the fourth chapter	67
5	Chapter five: Constitutional remedy	74
5.1	Constitutional remedy	74
5.2	Practical meaning of a constitutional remedy	75
5.3	Discussion of the fifth chapter	77
6	Chapter six: Levels of health – introduction	82
6.1	Levels of health – definition	86
6.2	Levels of health and susceptibility to acute diseases	91
6.3	Discussion of the sixth chapter	93
7	Chapter seven: Routine prescribing	112
7.1	Routine prescribing	112
7.2	Discussion of the seventh chapter	115

8	Chapter eight: Choice of a potency of a remedy	117
8.1	Choice of a potency of a remedy	117
8.2	Choice of a potency with regard to a level of health: .	118
8.3	Discussion of the eighth chapter	118
9	Chapter nine: Techniques of the case taking	120
9.1	Observing the patient	120
9.2	Case taking	121
9.2.1	Essence	123
9.2.2	Totality of symptoms	124
9.2.3	Keynotes	124
9.2.4	Etiology	125
9.3	Homeopathic interview step by step	126
9.3.1	Step 1: investigation of information:	126
9.3.2	Step 2: confirming the remedy:	126
9.3.3	Step 3: contraindications:	127
9.3.4	Step 4: lack of confirmatory symptoms:	127
9.4	Most frequent mistakes during the case taking and analysis	128
9.4.1	Speculative ideas	128
9.4.2	Closed questions.	129
9.4.3	Making up a case.	130
9.4.4	Wrong understanding of totality of symptoms .	131
9.4.5	Healthy characteristics in repertorization	131
9.4.6	Looking for a “constitutional” remedy	132
9.5	Complementary remedies	133
9.6	Discussion of the ninth chapter	136

10 Miasms	157
10.1 Miasms and predispositions	160
10.2 Homeopathic remedies and miasms	161
10.3 Theory of miasms in practice	162
10.4 A word in conclusion.	164
10.5 Discussion of the tenth chapter	164
11 Clinical cases	168
Case 1 – Learning disturbances.	168
Case 2 – Asperger’s syndrome	180
Case 3 – Bronchial asthma.	208
Case 4 – Ankylosing spondylitis (Bechterew’s disease) .	219
Case 5 – Atopic dermatitis	232
Case 6 – temper tantrums and restless sleep.	247
Case 7 – Recurrent bronchitis.	260
Case 8 – Multiple sclerosis	279
Case 9 – Tinnitus	293
Case 10 – Ailments after vaccination.	312
ABOUT THE AUTHOR	322
About the author	323
The story of the Prague College of Classical Homeopathy	325

Author's preface

The idea of publishing a book about homeopathy has been in my mind for many years, but I have kept asking myself what its content should be, considering that so many books have already been written about homeopathy. Finally, I got inspired by a quotation from a Chinese philosopher Confucius, but I modified it in order to suit the needs of this book.

*I read... and I forget
I see... and I remember
I do... and I understand*

Like this quotation, the book also consists of three important parts, which are inseparable.

The first part is the part of **reading**. It deals with homeopathic theory and its principles, laws, and philosophy. Here, you will learn what homeopathy is, how it perceives health and disease, and how it approaches patients.

In the second part, you will witness the way of thinking of the students who come across the theory described in the first part. You will see what comes to their minds, what is unclear to them and what they are interested in. It is an interactive part with questions and answers, which will help you **remember** all the essential information from the first part. This section is comprised of excerpts of my lectures at the three-year intensive course at the Prague College of Classical Homeopathy.

The third part is practical and it offers you an **understanding** of the two previous parts through actual cases from my own practice.

I would like to wish all of you who are going to read this book that it helps you light up the same devotion and love for classical homeopathy I feel at this moment.

Acknowledgements

None of what I have managed to achieve in homeopathy so far would have been possible without many people whom I would hereby like to express my thanks.

In the first place, I would like to thank my parents, my **mother** and my **father**. They are both responsible for the best of me. I appreciate their love and support in what I do.

My greatest thanks go to **Prof. George Vithoukas** who taught me everything I know about homeopathy and who has helped me with my health problems, which nobody else had been able to solve before. He had supported me by answering my questions about homeopathy even before we met in person and he inspired me to study with him. The possibility to come to study with him in Alonissos in person was not only a great honor for me but without exaggeration one of the best decisions I have ever made in my life. This book is a presentation of the knowledge I have got from him together with my experience and cases from my own practice.

I would like to thank all my **students** for putting their trust in me when I guide them on their journey to classical homeopathy, for the inspiration they bring to my life every day and for all their questions, which give me a possibility to keep learning.

I thank all my **clients** and in particular, those who allowed me to publish their cases in this book.

Finally, I would like to thank **Hugo Berlet** for all his support, advice, and help. Without him, the Prague College of Classical Homeopathy would not have been where it is now.

Dedication

Dear Helena, this book is dedicated to you. For all these years, you have given me the biggest support of all the people I know, and many things I have managed to achieve would have never taken place without you. You were close to me in my hardest moments and the inspiration I have always found in you was giving me the strength to keep going. Thank you for everything. I will never forget it.

Petr

1 Chapter one: Similia similibus curentur – like cures like

1.1 The law of similars

“Like cures like” is often the first sentence that most of us hear when we first come into contact with homeopathy and at the same time, it is the main and the most important principle on which this healing system is based. The word homeopathy comes from a combination of two Greek words – “homoios“, meaning “similar”, and “pathos“, meaning “suffering” or a “disease”.

The “like cures like” law (*similia similibus curentur* in Latin) tells us: *“Find a remedy which produces **symptoms** in a healthy person that are **similar** to those that developed in a sick person as a consequence of a disease and if the organism is capable of curing itself, a cure will take place.”*

A question which usually arises in the mind of a person who has heard this principle for the first time is how something that causes, for example, a coryza, can cure the coryza at the same time. Is not our primary goal to find a remedy, which can eradicate the coryza? After all, a coryza (or any other symptom in general) is something that bothers us and we want to get rid of it, don't we? Why are we then looking for a remedy that **produces** similar symptoms and by what means can a remedy prescribed in this way eliminate a disease?

1.2 Symptoms and their meaning

Symptoms and their meaning are the first things we have to understand. From the point of view of classical homeopathy, a symptom is a defense reaction of the organism and it is its mission to provide maximum balance which the organism is capable of at a given moment, depending on its current general state.

One of the most famous homeopaths, Prof. G. Vithoulkas writes in his book *A New Model for Health and Disease*:¹⁾ ***“The human organism possesses a very complex defense mechanism that helps it maintain its optimum balance.”***

This defense mechanism is constantly active on all levels – that is, on the physical, emotional and mental level, even in a healthy state.²⁾ In a state of health, it still has to counteract all influences affecting us constantly, but as long as it succeeds in maintaining relative balance, which is its sole purpose, we do not subjectively perceive any of its actions that take place inside us.

It manages to keep the balance as long as it is stronger than the influences affecting it. So every person has a different degree of resistance, in other words, a different sensitivity towards various influences (stresses), depending on the individual strength or weakness of the defense mechanism.³⁾ By stress, we mean an-

1) VITHOULKAS, G. *New Model for Health and Disease*. Athens: International Academy of Classical Homeopathy, Centre of Homeopathic Medicine S.A., 1995. ISBN 1-55643-087-6

2) Explained in more detail in Chapter 6: Levels of health

3) Explained in more detail in Chapter 6: Levels of health

anything that has a potential to disturb the balance and integrity of the human organism. Thus, the stress can be **emotional** (e.g., grief, shock, fright), **mental** (excessive mental exertion, overwork), **physical** (injury, improper food, sleep deficiency), **environmental** (e.g., a change of temperature, sun, cold air, draft), **chemical** (for example poisoning, chemical drugs, chemicals), or **biological** (viruses, bacteria, etc.).

A completely different scenario takes place when the stressor is stronger than the defense mechanism and the balance is disturbed. If this happens, the defense mechanism continues in its effort to maintain health and achieve the best possible balance but with the difference that its actions become excessive and visible for us and we perceive them as discomfort on different levels of our being (physical, emotional, and mental). These excessive actions of defense mechanism, which are triggered when the organism starts losing its balance, are called **symptoms**.

Symptoms are, therefore, a result of excessive activity of our defense mechanism, and they are triggered at the moment when the organism loses its balance. **The mission of this excessive activity (manifestation of symptoms) is to regain balance and health.**

A symptom is thus something that is not healthy on one hand, but at the same time, it is something that our organism necessarily needs to maintain the best possible level of balance.

An individual symptom's pattern (a set of symptoms that are peculiar, rare and characteristic of the given organism) **represents the defense mechanism's unique way of trying to achieve health.**

Let me give you an example illustrating the meaning of symptoms, and demonstrate what we mean by the individual and characteristic symptoms.

As an example, let us take a child who gets a cold. In order to catch a cold at all, **two conditions** have to be met **simultaneously**. The first condition is that the child has to be **sensitive** to the particular spectrum of bacteria or viruses, and the second is a **stressor**, in this case, a virus or bacterium. If the child has the sensitivity to it but stays in an environment where these viruses or bacteria do not occur, it cannot get ill. Analogously, if the child stays in an environment where the viruses or bacteria are present, but at the same time, it does not have sufficient sensitivity to them, these viruses or bacteria will not have any effect on its organism.

The level of sensitivity is, of course, very individual and while some children get ill if they just stay at a place with an increased concentration of bacteria or viruses, other children need additional stress which weakens the organism to the extent that the infection can develop. It can be, for example, a draft of air, a change of temperature, but also some psychological influences like emotional excitement, sadness, anger, disappointment, etc.⁴⁾

There are always two factors contributing to the development of any disease, be it a chronic or an acute one. The first one is a **causative factor** (stressor), and the second is a **maintaining factor** (predispositions, sensitivity). When the organism is weakened due to some stress towards which it is sensitive, it activates the first level of defense to prevent itself from further

4) Explained in more detail in Chapter 6: Levels of health

deterioration. The disease condition will manifest through genetic predisposition of the particular person.

If we come back to our example, we can see that as a consequence of the sensitivity of the organism to the bacteria, the bacteria have an “open door” and can invade the organism without much trouble. When this happens, they start multiplying in the organism and once their number becomes critical, some part of the defense mechanism gets alarmed and triggers the defense reaction in order to cope with the infection effectively. This kind of defense reaction which is often accompanied by high fever is called inflammation. The course, severity, and depth of such a reaction will depend on the strength or weakness of the defense mechanism.

Children with the highest vitality (with the strongest defense mechanism) will not be significantly sensitive to acute inflammatory conditions, they will not get infected frequently, the infections will have quick course, and they will not be severe. However, their organism will be able to raise a fever if necessary and, at the same time, it will manage to protect deeper organs (lungs, kidneys, etc.), during acute diseases. That is why these children will not develop deeper inflammations, but there will be high temperatures which subside in a few days, and the overall state of health will get back to normal soon. In other words, in this case, the organism has enough strength to produce high fevers whose main goal is to eliminate the pathogenic stimulus (e.g., bacteria) and protect deeper organs at the same time.

If the organism of the child is weaker, the temperatures can still be high, but the infection will have a stronger impact on the overall state of health of the child, the course of the disease will be more serious and as a consequence, deeper organs like

the lungs or urinary tract can be affected. The exact location of the development of the infection depends on the predispositions of the child and on the type of the bacteria or viruses.

A fever is a symptom that is very important during acute diseases. By means of the fever, the organism is trying to get rid of the bacteria or viruses and to regain health. However, fever is not the only symptom and other symptoms often emerge together with it, for example, strong fatigue, sleepiness, lack of appetite, apathy, etc. All these symptoms are produced by the organism in order to gain maximum energy needed for the fight with the illness. For example, by the lack of appetite, the organism prevents us from eating and our body therefore does not need to waste energy on digestion of food. It can use the energy to fight the disease instead. Fatigue and apathy make us sleep much longer than in a healthy state. As it is widely known, body functions slow down during sleep, which gives a possibility to use the gained energy for the recovery.

In the second example, we have a child whose organism is not as vital as in the first case. Although the ability to produce high fevers is maintained, the organism is weaker and it cannot protect deeper organs because of that. When the infection affects the bronchi, for example, the organism has to transport a lot of leucocytes to the place and their task is to eliminate the source of the infection. To achieve that, it has to increase the blood flow through the respiratory tract and, as a consequence, the air passages get obstructed and the child experiences breathing problems. During the inflammatory stage, other symptoms can appear as well and they differ depending on the particular patient and the type of the infection.

In both cases, the organism is trying to eliminate the pathogenic stimulus, but in the second case, in a different manner. This time, it is more serious and it endangers the life of the child more because it takes place deeper in the organism.

If we do not allow the fever to finish its mission and the acute diseases are repeatedly suppressed by antibiotics or other strong anti-inflammatory drugs, the vitality of the organism drops, the person becomes less and less sensitive to acute diseases and eventually lost the ability to produce acute inflammatory condition anymore. At this point, we often see the development of chronic degenerative diseases. **These chronic diseases are not new but they are a continuation of the original acute disease that has never really been cured and eradicated from the organism.**

This has been a brief description of the theory of Levels of health, discovered by Prof. George Vithoulkas. This groundbreaking theory clarifies a lot of issues, not only regarding homeopathy itself but also in the field of immunology and whole conventional medicine.

1.3 Why are we looking for a remedy that causes symptoms the person already suffers from?

Because a symptom pattern represents a unique way in which the organism is trying to overcome the disease, it is our goal to support and stimulate symptoms and not to suppress them. In this context, we can much more easily understand the basic law of homeopathy – like cures like (*similia similibus curentur*).

Because the remedy helps the organism support the already existing symptoms, it supports it as a whole in its effort to eliminate the disease in its own specific (individual) way.

1.4 Initial aggravation and its meaning

On the basis of the principles described above, we can now understand the phenomenon of the homeopathic aggravation and its meaning more easily. If a homeopathic remedy is selected correctly, it stimulates the defense mechanism which consequently boosts the processes by which it is trying to restore the balance. It thus strengthens some of the existing symptoms. This increase of the intensity of symptoms, which we perceive as aggravation after administration of a remedy is a very good sign in the vast majority of cases. Especially when it is followed by improvement of the general state, not only on the level of local symptoms but also on the energy level together with improvement on the mental and emotional level (provided that there were some symptoms apparent on these levels before the remedy).

The initial aggravation is of a huge importance in practice and although there is a small number of cases in which we do not observe it (see below), it is very probable that if this it is not present after administration of a remedy, our remedy is acting only partially (on a superficial level).

As mentioned earlier, there are situations where we do not see any initial aggravation and in spite of that, the remedy is selected

correctly. The level of health⁵⁾ of these people is either very high or very low. The latter group is represented by people who are in such a serious state of health that their defense mechanism does not have the potential for a real cure and they only experience alleviation, in other words, palliation of symptoms. There are a lot of types of reaction to a remedy including several types of aggravation that are not positive. However, when we give a similimum, we observe initial aggravation followed by general amelioration in the vast majority of cases. Such a reaction is a sign that the administered remedy has been correct and has had a curative effect, especially when the symptoms disappear in the manner of **Hering's laws**, i.e., **from within outward** (for example, breathing gets better and an eruption appears), **from above downward** (eczema disappears first on the head and finally on the legs) or **in the reverse order** (symptoms of previously suppressed diseases from the past reappear, e.g., in a child with asthma who used to have eczema on skin and it was suppressed with corticosteroids before his asthma developed, the breathing problems will get better and his eczema will come back shortly after administration of a correct remedy).

5) VITHOULKAS, G., WOENSEL, E. The Levels of Health: The Second Volume of The science of homeopathy. Athens, Greece: International Academy of Classical Homeopathy, Center of Homeopathic Medicine, STR.A., 2010. ISBN: 978-9-6087-4294-9

1.5 Discussion of the first chapter

Question: I understand that if we support a fever and make it stronger, the organism will get better faster because it will get rid of the invading viruses or bacteria more quickly. However, what I really do not understand in this respect is when there are other complaints, like when somebody hurts his knee and has terrible pains, for example. I cannot imagine that if we make the pain stronger, the injury will heal faster. Could you please explain that to me?

PZ: Yes, this is a very good question. The first thing we have to realize in this context is that our **organism never produces symptoms separated one from another**, but it creates a state which manifests itself through many symptoms, we could say a **complex of symptoms, a pattern**. Every disturbance occurs at several locations or levels, and if it is not so we speak about a so-called **one-sided case** ⁽⁶⁾§ 175–185). This is the reason why we as homeopaths are interested in symptoms from all different areas. It is because **we look for a pattern through which a disease manifests itself at several different places in the organism. We put pieces of information together and seek the pattern that goes through the symptoms**. Every single symptom has a protective role and although some of them can even be dangerous or bothersome, they represent the best possible and the least dangerous option that our organism is able to take at a given moment. **Each symptom protects us in a different way and all symptoms together protect us as a whole**. While some symptoms protect our organism actively (e.g., fever through which

6) HAHNEMANN, S. Organon of Medicine. New Delhi: B. Jain Publishers, 2008. ISBN 978-81-319-0223-3, p. 170–173

the organism tries to eliminate the pathogenic stimulus), other symptoms do it passively. For example, pain that makes motion of a limb impossible prevents further damage to a joint, tendon, etc., after an injury in this way. In other words, by means of some symptoms, the organism does not allow us to continue with activities that can lead to further damage of the injured parts and in this way, protects itself as a whole.

We observe the same thing in a situation where somebody studies hard for many weeks and overexerts his mental level. He can eventually develop symptoms like fatigue, apathy, memory troubles, etc. By means of these symptoms, the organism forces the person to stop studying because further mental exertion would inevitably lead to a collapse of mental functions that could end up as a serious chronic condition. We as homeopaths do not strengthen single symptoms separately (e.g., pain), but through a homeopathic remedy, we give an impulse to the organism by strengthening the defense mechanism. Only the organism itself decides which symptoms it will make stronger (aggravate) and which not. By means of a correct homeopathic remedy, we only give it the necessary energy to finish its intention, that is, to recover. This is also the reason why there is never aggravation of all symptoms after an exact remedy and the symptoms that could endanger the person's life if they aggravated will not aggravate, for instance, hypertension. In such a case, it is more likely to be a result of a proving or suppression rather than a reaction to a curative remedy.

Question: What about food preferences and aversions? We use them quite often when selecting a homeopathic remedy. I understand that pain or hypertension is a symptom, but why do we use, for example, food preferences and aversions if we all like to eat something even when we are healthy?

PZ: It is true that we sometimes use signs that do not look like symptoms at first glance in homeopathy, e.g., desires or aversions to certain food, a sleep position, etc. If, however, we want to use them, they have to be excessive. If the desire is excessive or if the person cannot sleep in a certain position, it means some limitation for him and it makes the overall picture of the disturbance complete. If they are excessive, they often point to the fact that the organism craves something which it lacks or, in the case of aversions, it protects itself from things that could make its state of health worse.

Take remedies like *Veratrum album*, *Natrum muriaticum*, and *Phosphorus* as an example. All these remedies are known for their strong desire for salty things. It does not mean that every person who needs *Phosphorus*, *Veratrum album* or *Natrum muriaticum* has to have this symptom, but when we see it, our mind turns towards these particular remedies.

Why do the aforementioned remedies have an excessive desire for salt? Because all of them represent a state of dehydration of a lower or higher degree in which the organism is losing fluids. In *Natrum muriaticum*, this state is characterized by dryness of mucous membranes, like eyes or genitalia, dryness of skin, lips or mouth, etc. In *Phosphorus*, we can see the easy loss of fluids on all levels, like easy bleeding, easy perspiration, strong menstruation, etc. All these remedies thus have extreme thirst, which is nothing

else than a mean through which the organism tries to get back the lost fluids that it is unable to maintain inside. Salt helps to keep water inside the body and the organism that has a tendency to lose fluids cannot maintain water on its own (without salt) which can lead to more serious problems later on.

The remedy *Apis* has just the opposite characteristic. *Apis* is one of the remedies we think of every time when we find strong edemas and a tendency to retain water in the body. That is why we do not see thirst in a person who needs the remedy called *Apis*. It is because his organism retains water as a result of bad kidney function and any further water intake would only make the situation worse. This is how the food cravings or aversions are connected with a pathological state that a given remedy produces and cures at the same time?

If, however, somebody tells us that he/she has a desire for salt, it does not at all have to automatically be a symptom which we could take into consideration. First, we have to find out how intense this desire for salt is and when the person says that he puts much more salt in his food than others because he demands the food to be very salty, then it is an important symptom. The same situation is in cases where a desire for a particular kind of food is compulsive and when it is not satisfied the person either does not feel well, or he develops some other symptoms, like nervousness, irritability, etc. My teacher, Prof. G. Vithoulkas often uses an expression: “*if a person is enslaved by something, then it is likely to be a symptom*”. For example, if somebody needs to put a lot of salt in his food in order to feel good either physically or psychologically, it should be considered as a symptom. If somebody just says that he likes or prefers salty food but does

not need to put extra salt on his meal, it is merely a preference which has nothing to do with pathology and therefore cannot be considered as a symptom.

Question: I heard that homeopathic aggravation can be influenced by a choice of a potency and in many cases it is not present at all. Some homeopaths even claim that it is rather a rare phenomenon. Where is the truth then?

PZ: When you give someone a correct remedy, the defense mechanism gets more strength to accomplish its mission, which is to cure itself. As a result, it continues in what it has already aimed to do before, but with stronger intensity. This leads to aggravation of some symptoms and the person feels worse for some period of time. If this aggravation is followed by general amelioration, such a reaction is an indication that the process of recovery has begun. The intensity and length of the aggravation are determined by several factors. One of the most important ones is the strength of the defense mechanism, or more precisely, the level of health. The stronger the defense mechanism, the shorter time it needs for the recovery, and for this reason, the aggravation will be shorter and less serious. The lower the level of health of the patient, the stronger and longer is the aggravation because the organism does not have enough power to a speedy recovery.

When the potency of the remedy is too high or too low, it can also have an influence on how serious the aggravation will be. I will give you an example: You have a person to whom you prescribe a remedy, he comes back in 6 weeks and says that his state has aggravated after the remedy and the aggravation is still going on. This reaction can mean several things. It can

be a wrong remedy which has only speeded up the progression of the disease, or the patient may have withdrawn conventional drugs without having consulted his physician. If, however, you investigate the case and you find out that the keynotes of the prescribed remedy fit the symptoms of the person and the remedy picture is relatively clear (and the person did not withdraw allopathic drugs), it is very probable, that the remedy was correct, but the potency was inappropriate. In such a case, it is often worth repeating the same remedy in a higher potency because the aggravation in such a situation often means that the remedy was correct but the potency was not strong enough to give the defense mechanism the sufficient stimulus to continue with the healing reaction. The defense mechanism is then “stuck” in the phase of the initial aggravation as the effect of the remedy is exhausted too soon due to the low potency.

Question: Is there a way how to recognize the placebo effect?

PZ: Yes. The placebo effect is present in allopathic medicine, psychotherapy and in homeopathy as well. However, its effect is different from the effect of a real similimum. The placebo effect is not a treatment, although the person perceives it as something positive. Let us take a look at some most common examples of the placebo effect and then I will explain how these situations tend to be misinterpreted.

You have a patient who visited you, for example, on Monday and he calls the next day and says: *“I even do not want to believe it and I doubted whether I should call you at all, but I experienced a strange thing. Yesterday, when I was leaving your office, I was in a pharmacy and I bought the remedy you had recommended, but I was planning to take it during the weekend when everything is*

calm and quiet. I had the remedy in my pocket all the time and before I arrived home I felt very well. I have been better and better since then, although I have not taken the remedy yet."

In such a case, the remedy is not acting "from the pocket" without the patient really taking it, but it is the placebo effect. If the person does not take the remedy and has such a reaction, we can expect a relapse to the original state in the time frame of 2-3 weeks. This is characteristic of the placebo effect – an amelioration which is not preceded by any kind of aggravation and is very superficial and short lasting. The desired kind of reaction after the administration of a correct homeopathic remedy (similimum) is an initial aggravation followed by a deep and long-term amelioration, of course, depending on the particular case.

The placebo effect will never influence the disease as such in depth, but a correct remedy will. A lot of opponents of homeopathy refer to the placebo effect only because they do not know the principles of homeopathy in depth. We do not expect a superficial amelioration during homeopathic treatment. We do expect a genuine and long-term improvement of the state of health which can be measured by modern medical devices at the same time. After a correct remedy, we see an initial aggravation in most cases, even in young children, animals or in skeptical people who do not believe in homeopathy, or in people whom you do not inform about the aggravation in advance. Moreover, the symptoms disappear from above downward (esp. skin and rheumatic) and some old (so-called reverse) symptoms start appearing. As far as I know, this phenomenon has never been observed in the placebo effect.

Homeopathy is a system fulfilling the definition of science, not only because of these laws derived from empirical observation but also because it has strictly defined rules. We can also observe the so-called nocebo effect which is a phenomenon similar to the placebo. It is a state when we tell somebody that he may get worse and he subsequently experiences an aggravation. Neither in this case we see a long-term improvement, a reappearance of old symptoms and transition of the symptoms from within outward or from above downward, though.

Question: You were talking about six types of aggravation. Can you say something more about it?

PZ: Yes, an aggravation can appear for several reasons.

The first situation when an aggravation can occur, although it is not a reaction to a correct remedy, is when we give a remedy which causes a proving, i.e., a remedy trial. In order to produce a proving in a human being by a remedy in a potentized form, the person has to be very **sensitive** to the substance. The person needs to have a sensitivity to a correct remedy as well because he could not react to the potentized remedy otherwise. What is the difference then? In the remedy that causes a proving, we deal with a situation where the remedy does not fit the peculiar and characteristic symptoms of the patient precisely but the person is sensitive to it nevertheless. For example, we have a case where *Phosphorus* is the indicated remedy, but the person gets *Tuberculinum* because he has a history of tuberculosis in his family. In such a case, *Tuberculinum* is not indicated on the basis of the patient's symptoms, but the person is sensitive towards this remedy because of the presence of tuberculosis in the family history. It is this sensitivity what makes *Tuberculinum* capable

of producing the reaction in this person. The so-called proving, i.e., an occurrence of a strong aggravation during which we observe symptoms typical for *Tuberculinum* is one of the possible reactions. However, in the case of proving, this kind of aggravation will not be followed by general amelioration. The original symptoms will remain unchanged, but several new symptoms belonging to the remedy picture of *Tuberculinum* will appear.

One of the key attributes of the proving aggravation is its seriousness. Imagine a child who suffers from an acute cough and the similimum in his case is *Phosphorus*. However, we give him *Antimonium tartaricum* instead of *Phosphorus*. If the child is very sensitive to *Antimonium tartaricum*, this remedy will be capable of producing a proving. Shortly after the administration of the remedy, the cough gets worse and the mucus starts to accumulate in the lungs which is a typical symptom of *Antimonium tartaricum*. So the remedy will cause a proving in this case. The remedy will neither influence the cough nor the other symptoms, but it will produce severe worsening of the condition without any subsequent general amelioration.

The second situation that we see much more often than the proving in practice is that we prescribe a remedy whose symptoms are only partially similar to the symptoms of the patient, but it does not correspond with the case as a whole. For example, the remedy is prescribed only on the basis of local symptoms, like *Thuja* for warts. As a result of this partial similarity of the symptoms, the person will react to this remedy, but the reaction will be only partial and not complex. For this reason, the remedy will be able to influence those symptoms that match the symptoms of the patient, i.e., warts will disappear, but other complaints will develop and people will usually not connect these symptoms with the disappearance of the warts. A child can

develop some problems with sleep or can become irritable, etc. Children with better vitality will either experience no change after a partially similar remedy or after the warts disappear they will come back again later and usually in a larger quantity than before. This reaction shows that the remedy has only suppressed the symptoms. We can see the same type of reaction with most of the allopathic drugs, e.g., after application of corticosteroids, eczema ameliorates (without initial aggravation) and comes back soon in the same or even a worse form. After administration of a remedy for a headache (analgesic), the pain becomes better (without an initial aggravation), but it will not cure the tendency to recurrent migraines, the migraines will come back after some time, etc. People with lower vitality are more prone to experience suppression with allopathic (as well as with homeopathic). In such cases, eczema will disappear completely after application of corticosteroid ointment, however, the child will develop more serious problems, like asthma, for example, or in a worse case, even psychological problems. We observe the same thing in long-term treatment of recurrent bronchitis or other acute infections where antibiotics are administered repeatedly. These laws are thus not valid only for homeopathy, but it is the reaction of the organism to the suppressive treatment of any kind. Although we do not observe initial aggravation after administration of a partially fitting remedy in most cases, it can happen in some of them. In such a situation, we do not see general amelioration that would follow the aggravation and there is only a change of the original symptoms without general improvement.

As already mentioned above, the way how symptoms change when we give a partially similar remedy is determined by the

strength of the individual's constitution (level of health).⁷⁾ The defense mechanism of a very healthy person is strong and a similar remedy will not have any negative effect on this organism.

People who are in a somewhat worse state of health (and belong to a lower level of health) will experience a change of symptoms within one level, but the organism will still be strong enough to protect deeper structures of the body against the consequences of suppression. For example, a patient comes for a follow-up one month after taking the remedy and says that his diarrhea is gone, but he now has problems constipation instead. His headache is not on the left side anymore, but now it is on the right side, and he is not tired in the morning as he was before, but his worst time now is the evening. When we see such a change of symptoms without a real general improvement, we can be sure that the prescribed remedy has acted only superficially. In order to find a similimum in such instances, we have to go back to the original picture of symptoms instead of using the new picture of symptoms that has been modified and confused by a partially fitting remedy. In patients with an even more deteriorated organism, eczema will disappear and asthma, behavioral disorders or any other deeper problem will develop.

Another situation where we can see an aggravation is when a person withdraws allopathic remedies. Take as an example a person who has used corticosteroid ointments for many years and he withdraws them. That will, of course, cause an aggravation regardless whether the homeopathic remedy is correct or not. In such a case, it will be necessary to find out if there has been an overall improvement of other complaints and together

7) Explained in more detail in Chapter 6: Levels of health

with other factors, evaluate whether the given remedy is acting as a similimum.

Another type of aggravation can be seen in hysterical people. This kind of person will call you and say: *“When I came home, I started reading about the remedy you gave me and after a while, I started developing its typical symptoms.”* It is clear in this case that the remedy itself has nothing to do with the aggravation and it is necessary to wait for the real reaction and then evaluate the effect of the remedy according to other parameters as general improvement, reappearance of old symptoms, etc.

The last situation in which you will be confronted with an aggravation is in hypochondriac patients who will develop a slight aggravation of a coryza, for instance, and they will have a tendency to call you insisting that you must intervene because they are suffocating. Although their state is not serious in any way, the ideal recommendation is an immediate visit of a physician, who is the only one that can evaluate the situation.

Question: And what if the patient is not a hypochondriac and the aggravation after the remedy is very strong, e.g., an intense acute disease?

PZ: There is a rule which says that when a person is in any danger, it is necessary to intervene. So if such a person takes a remedy and he develops the kind of aggravation where you cannot wait (regardless of whether the remedy was exact or only similar), it is necessary to do something. I will give you an example. You have a patient who has depressions and who has no physical symptoms. In addition to that, you will find out that he has not had any acute disease for several years. This information means

that his level of health is somewhere in the lower range of the scale (namely levels C8-9).⁸⁾

The distribution of the complaints on the emotional level, together with the fact that the organism is unable to generate acute diseases, mean that if there is an acute disease after the remedy, it will probably be of a quite serious character. We have a rule for this kind of situation which says that **the sooner the acute disease appears after the remedy, the less serious course it will have and the better the prognosis is regarding the chronic complaints.** The origin of this rule is simple. The sooner the organism is able to produce an acute disease after the remedy prescribed for chronic complaints, the more power it has and the better the prognosis is. However, if you encounter such a case and after 3 months, the person develops a very serious acute disease, the main question we have to put here is whether the course of the acute allows us to wait. If not, it is necessary to prescribe a remedy for it. If the remedy has no effect, the person has to take allopathic drugs, otherwise the situation can be dangerous for him.

8) VITHOULKAS, G., WOENSEL, E. The Levels of Health: The Second Volume of The Science of Homeopathy. Athens, Greece: International Academy of Classical Homeopathy, Center of Homeopathic Medicine, STR.A., 2010. ISBN: 978-9-6087-4294-9

Question: Does it mean that it is now necessary to prescribe a remedy based on the acute symptoms or on the chronic ones? And if on the acute, will such a prescription disturb the action of the previous remedy?

PZ: We should prescribe a remedy for an acute disease that has appeared after a correctly acting chronic remedy only when the acute symptoms are very strong and the organism is unable to cope with them on its own, without treatment. If such a situation occurs and the acute symptoms comprise a clear picture of a remedy, it is always necessary to prescribe on this acute picture and not on chronic symptoms, because in homeopathy, we always try to prescribe on the uppermost layer of symptoms, and, in this case, it is the acute symptomatic picture what creates this uppermost layer. However, if we face a situation where the acute disease does not represent a clear picture of symptoms and it is not possible to wait, the best solution is to select the remedy on the basis of the chronic symptomatology, that is, to repeat the original remedy, provided that its symptoms are still present or unless some new symptoms appear.

If the remedy prescribed for the acute complaints is really exact and it is administered at the right time, it cannot disturb the action of the chronic remedy. But what can disrupt an effect of a “chronic remedy”, is a prescription of an inaccurate remedy, no matter if it is prescribed for acute or chronic complaints.

Antibiotics, on the contrary, do disturb the action of a chronic remedy in most cases, but they can save the life of the person during the acute crisis. Health and safety of people should always be in the first place for anybody who deals with human health.

End of sample.

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