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Chapter 1 : Distinction Between Allopathic And Holistic Medication | LAF

HOMEOPATHY Vs. ALLOPATHY Vs. AYURVEDA Bose Anannya, Paul Susanta Department Of Pharmaceutics Calcutta Institute Of Pharmaceutical Technology & A.H.S Banitabla, Uluberia, Howrah, West Bengal, India **ABSTRACT:** Herbal drugs constitute a major share of all the officially recognized system of health in India viz. Ayurveda, Yoga, Unani, Siddha, Homeopathy and Naturopathy, except Allopathy.

With the rising confusion and myths associated with these medications, it becomes important to compare all these medicine systems allopathy, homeopathy and Ayurveda to find out the major differences between them and to get an idea which one is ideal or best suited for different diseases at different times. It is received by the majority of the nations around the globe and commonly called as drug therapy. Allopathy is basically a drug oriented methodology and relies on three things, hypothesis, experimentation, and the result of the experiment. In this methodology, allopathic doctors are restricted by what they can do on the grounds that they just have to concentrate on the symptoms of a disease and not on the causes of those symptoms. It appears that there is a pill for each evil and then, a pill for all their side effects. It is known that allopathy only offers a partial cure, as the drugs are made to only cure the reaction and not the root cause. The effectiveness of allopathic medicines during an emergency is the fundamental reason why it is adopted by most of the people all around the world. The main disadvantage of allopathy is that most of the medicines are associated with some side effects. The pill given to treat a disease cures that particular disease but might give birth to another disease in the body. These side effects can be internal or external. Once the disease is cured, a person needs to take medicines to adverse the side effects caused due to that medicine. For example, if a person takes allopathic medicines such as a Paracetamol tablet to cure fever. The tablet brings down the high body temperature to normal but the tablet also has a harmful effect on the liver. It is important to note that there is no place for individuality in allopathy as the same pill is given to the patients suffering from the same disease. Allopathy is a method of treating disease with remedies that produce effects different from those caused by the disease. Allopathy, on the other hand, provides a partial and quick relief from a disease which may not be permanent. Ayurveda, on the other hand, focuses on the wellness as a complete package, be it physical, psychological, spiritual or social wellness. Allopathy is a system of side effects internal or external whereas, Ayurveda is a natural cure in which scope of side effects is very less or mild. Allopathy focuses on suppressing the signs and symptoms of a disease and never appreciates to remove the disease causing factors completely. Allopathic medicines partially cleanse the body while ayurvedic medicines decontaminate the whole body. We bet you will read that again. According to this methodology, substances that produce symptoms of a disease will have a curative effect on a sick person exhibiting the same symptoms, when given in very dilute quantities. Homeopathy is a holistic system of treatment that originated in the 18th century and has been proven to be safe, effective and curative. It has been in use since last years, by hundreds of millions of people. This is why it is meant to completely cure a disease. The homeopathic medicines are non-toxic and do not have any side effects. It works by using very small doses of potential substances to stimulate the immune system which helps in healing the patient naturally. Homeopathic treatment is effective in treating many medical conditions such as cold, flu, influenza, infections, circulatory problems, nervous and respiratory disorder, heart disease, depression, headache, allergies, diabetes, arthritis etc. Homeopathic doctors seek to cure their patients not only on the physical levels but also on the mental and emotional levels. The treatment is aimed to cure each patient as per their individual needs. Homeopathy is generally known for its non-toxic nature as it uses medicines in very small quantities, have minimal chances of any side effects which makes it a good treatment option for children also. Homeopathy does not encourage both the use of homeopathy and allopathy simultaneously for the same disease allopathy suppresses the symptoms of a disease which makes it difficult for a homeopathy practitioner to judge the condition of the patient and decide what medicine to give or what the potency of medicine should be. Homeopathy is a method of treating disease with remedies that produce effects similar to

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those caused by the disease itself. Homeopathic treatment generally takes time to show results as it focuses on hitting the root cause of the disease, whereas Most of the homeopathic medicines show permanent results, i. Homeopathy was founded by Dr. At that time, there were 22 homeopathic medical schools, homeopathic hospitals and over 1, homeopathic pharmacies. Boston University , Stanford University and New York Medical College were among those educational institutions that were teaching homeopathy. This was also around the time when modern drug companies began releasing drugs that were easy to administer to patients, a trend that also contributed to the decline of homeopathy. In homeopathy a substance is diluted again and again till nothing remains of the original substance, only the memory and the frequencies which are stored in a carrier- water - sugar pills or alcohol. But when the renowned French scientist Dr. Beneveniste was able to prove that water has memory, he was given the choice by his university of either retracting his statements or loose his job. He refused to retract his findings. Ayurveda is originated in India and is years old medical knowledge system. According to Ayurveda, body, mind, and spirit are connected with each other. The most part of Ayurveda is connected with the cures accessible from nature. It also deals with the root cause of the problem and is a permanent cure in most of the cases. In most of the cases, a patient treated with Ayurveda not only gets cured but also gets the permanent immunity. The main advantage that Ayurveda has over homeopathy is that the former just uses the natural means to cure a disease and is the most eco-accommodating approach to get cured. Ayurvedic medicines can cause adverse effects if not used properly as the methodology follows individualistic approach. Ayurveda explains that, when these three energies are in a balanced state or exist in equal proportion, the body will remain healthy and if they are not balanced, the body will become unhealthy in many ways. Myth “ Ayurveda takes longer to cure “ Time taken to cure a disease in Ayurveda depends on how much imbalance the patient is carrying and from how long. Generally, the time taken by medicine to act in the body is between minutes. Ayurvedic medicines complement the allopathic medicines while homeopathy is against it. Ayurvedic medicines use herbs, minerals like sulfur, copper, lead, arsenic, gold, vegetable drugs, and animal products such as milk, gallstones, and bones to make the medicines. Homeopathic medicines use various plants, synthetic materials, mineral substances which are diluted in alcohol or distilled water. The final medicine contains only a small percentage of the substance. Ayurvedic medicines may incorporate a small amount of toxic materials such as lead, mercury, arsenic while homeopathic medicines contain water and alcohol, and the use of toxic materials are very rare. Ayurveda considers that until a body has the disease-causing factors, diseases will keep hitting again and again. It considers the detoxification as a primary part of the treatment. It is associated with a chain of side effects connected with every medicine, which can be internal or external. Generally homeopathic medicine does not have any side effects when taken in adequate amount and proper guidance of a practitioner. Ayurveda is merely associated with a few side effects which are very mild in nature. All the medicine systems, allopathy, homeopathy and Ayurveda have their own merits and demerits and your choice should depend on the disease, cause of illness, possible ways of treatment etc. Homeopathy is really effective in treating both acute and chronic illness as it treats the root cause of the illness which is not in the case of allopathy. Allopathy has a good investigation, testing, and practicing system. It relies on many tests, techniques, scans, surgery etc. Apart from this, allopathy is also associated with side effects and allergies. Ayurveda and homeopathy believe in individualistic approach and treat patients accordingly. Apart from the medicine, these types of treatments focus on the whole lifestyle such as diet, attitude, exercise etc. But these methodologies also have some loopholes. It is important to know that one form of medication system may be effective for a particular person or a particular disease at a particular time, but may not at another point.

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Chapter 2 : Homoeopathy gaining popularity - The Hindu

This treatment approach of homeopathy makes the role of a homeopath distinguishably different from that of an allopath, a doctor of scientifically proved, conventional mainstream English system of medical treatment, called allopathy.

Contrasted with allopathy, the homeopathy in comparison to the other natural alternative treatment systems, such as herbal remedies and naturopathy, can easily be considered as the safest best alternative to English allopathic medicines. Hahnemann believed that we must never seek to deny our disease and suppress pain. Instead, we must always acknowledge the symptoms of disease and work with those symptoms and not only must heal ourselves but also transform our lives in the process of healing. For this reason and for the reason, that homeopathic medicines have no side effects at all, homeopathy is considered as the safest best natural alternative treatment system in the world today. Homeopathic medicines work to remove symptoms of the patient, whether they are physical, mental, spiritual, or emotional, rather than to treat the disease, by removing the underlying cause of the disease from its root. It works on a deeper level and acts as a preventive to eliminate all the possibilities of the disease to invade your body. He is not even concerned about the adverse side effects that his prescribed medications may produce researches show that hundreds of thousands of patients die every year due to adverse side effects of allopathic medicines. He, the doctor, will prescribe more medications to encounter those side effects, and the murderous-process of increased medication keeps continued. His behavior with the patient is only mechanical, no heart, no sympathy, and never anywhere near spiritual or holistic kind of treatment-approach. An allopath treats only the body of the patient. A very unnatural and non-human way of treating humans. In homeopathy, on the other hand, approach of an able homeopath is very natural and holistic one. He treats the person as-a-whole, considering the condition of his body, mind, emotions and spirit, rather than treating the sickness itself. A very natural and human approach to treat a human. Homeopathy after its inception has gained enormous popularity not only in the whole of Europe but in every part of the world. The World Health Organization WHO today recognizes homeopathy as the second largest healing system in use in the world. There are thousands of thousand people around the globe who have experienced exceptionally unique feeling of well-being after the treatment of this magic of a therapy, homeopathy. The world population is turning to homeopathic medicines significantly fast today only because of its holistic nature and because its remedies have no side effects at all. Comparing other natural alternative medicine systems of naturopathy and herbal remedies with homeopathy, it is very much evident that: Also finding an able naturopath in the city is not an easy task for common man. Hence it can undoubtedly be asserted that homeopathy is the safest best alternative to the toxic English drugs for you to get cured naturally.

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Chapter 3 : Asthma on the rise - Homeopathy can help | National Center for Homeopathy

Myth: Homeopathic system takes a long time to cure or relieve the diseases Fact: Time taken by homeopathic treatment depends on the stage the patient approaches for homeopathic treatment is vital. Chronic disease with suppression takes a longer course of time.

Diseases are associated with human being right from the existence of human race. Different methods and philosophies are used for the treatment of these diseases and ailments. Here, we are discussing differences between some commonly used methods of treatment. Naturopathy This is a form of alternative medicine, which believes that a special energy flows inside the body and is responsible for all the vital functions of the body. Unlike other methods of treatment, naturopathy encourages minimal use of medicines. This approach is followed in Canada and United states. Ayurveda This is another form of alternative medicine, which has its roots in India. This school of thought believes in prevention of disease rather than cure. They use different kind of herbs and spices to treat different ailments. Yoga is also part of Ayurvedic form of medicines. Homeopathy Homeopath is another form of alternative medicines. In this method of treatment, patients are treated with diluted solutions, which are prepared with special procedures. Science does not prove this type of treatment. Allopathy This is the most popular form of treatment, used for the treatment of all diseases. In this form of treatment pharmacological agents are used for the treatment of physical ailment or to suppress them. It is also called as western medicine or modern medicines. Neturopathy vs Ayurveda vs Homeopathy vs Allopathy All these are different types of alternative medicines. In Neturopathy people believe in minimum use of medicines and surgery, while Ayurveda believe on preventing the disease rather than curing. Homeopathy is not a scientifically proven method of treatment; on the other hand allopathy treats the patients with pharmacological agents. Ayurveda is the traditional method of treatment while Allopathy is the modern one. Homeopathic medicines are prepared with special procedures while herbs and spices are basic ingredients for Ayuradic medicines.

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Chapter 4 : TREATMENT COMPARISON - "cannaquack"

Romancing the Difference examines the rhetoric of fundamentalism as seen through the lens of Bob Jones University. Highlighting the romantic language used by religious separatists, Lewis argues that fundamentalism is not the angry cry of an outsider, nor is it the mocking of secular culture.

Acids are also included in this category such as: Homeopathy is a holistic science as it treats by a minute or nano doses of natural drug substances. There should always be a reason for opting anything. In case of the homeopathic system of medicine, it has many reasons as it is based on natural laws and principles. So we can say that homeopathic medicines have no side effects. As it can treat tonsillitis, adenoids, nasal polyps, lipoma, specific cases of renal and gall stones etc without any surgical intervention. Homeopathy is not an exception. Homeopathy does not claim to treat all the disease which demands immediate medical attention till the patient is out of danger. Some diseases that have advanced to a stage that they need surgery might not respond to homeopathic remedies. But homeopathy can avoid some surgical conditions like tonsillitis, adenoids, nasal polyps, non-healing ulcers in spite of skin grafting, in many cases amputations can be avoided etc. There is a long list of proven cases. Myth "Is homeopathy capable of curing medical illness? Fact" Homeopathy has proved its efficacy in treating auto-immune disorders, allergies, female disorders, diseases of children and elderly people. Acute cases including seasonal diseases can be effectively treated with homeopathic remedies. In fact, some diseases are curable only by homeopathic medicines. Myth "Are supplements advisable along with homeopathy? Fact" Supplements are a part of homeopathic treatment. Homeopathy has a limited role in nutritional disorders as the food that is deficient in essential nutrients should be taken first. In certain conditions where another source of nutrients is necessary then supplements are recommended. Myth- Are lab investigations required in homeopathy? For proper diagnosis and effective homeopathic prescription, lab investigations such as X-ray, blood tests, MRI etc. As I have said earlier homeopathy is not different from modern medical science, so various lab investigations are necessary to make a diagnosis that is helpful in remedy prescription. Myth-Does onion, garlic, tea, stimulants like coffee and alcohol have any effect on homeopathic remedies? Fact- Homeopathic medicines are absorbed from the tongue and the inner lining of the mouth hence patients are asked not to eat or drink anything 15 minutes before and 15 minutes after taking the medicine. Certainly, restricted diet needed to be followed which is disease related such as purine containing food in gout, sour food in tonsil, preservatives and so on. Generally, anything that contains Caffeine, Coca e. Myth-Does homeopathy treat the diseases permanently? Fact-Homeopathy treats the patient not the disease. Permanent cure depends on the stage and severity of the disease. Myth-Can we take homeopathy medicines along with allopathy medicines? Fact-Yes, homeopathic medicines can be taken along with allopathy but it is advised that your consultant homeopathic doctor must know which allopathic medicines you are taking. Myth-Do homeopathy medicines aggravate the symptoms? Fact-Homeopathic aggravation is misinterpreted. There may be a mild increase in the symptoms in few cases in which suppression with allopathic drugs is there. In some cases when the allopathic medicines are discontinued then the suppressed disease comes in true form. In any chronic disease, the selection of remedies will be based on the disease condition and the susceptibility of the patient so that unwanted aggravations will be avoided. Myth-Is homeopathy effective in structural changes in the body? Fact-There are numerous documented cases that have proved the efficacy of homeopathic remedies that it can reverse the structural changes in the body. Myth-Does homeopathy treat only chronic conditions? Fact-As many people are getting aware of homeopathy, I have many patients with acute illness. Homeopathy is a great alternative medicine in cases of acute diseases e. Myth-Action of homeopathic remedies is slow. Is it true or false? Fact-This is not true. Homeopathy has been labeled as slow acting because of delay in treatment of chronic cases. As the chronic diseases are persisting for a long time in the body and have a remarkable negative effect on health it takes time to come to normal health position. Unfortunately, people go to a homeopath only when the acute problems become chronic or the conventional approaches fail

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to be effective. In acute cases, homeopathy is effectively prescribed and has shown positive results. It is true that homeopathy is slow to act in comparison to steroids, anti-inflammatory medicines; painkillers etc. Myth-Is homeopathy safer during pregnancy and in infants? Fact-Yes, Homeopathic remedies are highly diluted and have no side effects, so they are safe to be prescribed during pregnancy and in infants. Myth- Are homeopathic doctors against surgery? Fact- No, homeopathy is not against surgery. Certain diseases where surgery is needed no other alternative medicine can substitute the task of surgery. Surgery is a part of the homeopathic treatment. Homeopathy medicines are given in pre and post surgical conditions. There are various homeopathic remedies in such cases, few of them are: Thiosinamum helps in post surgical scarring; Ruta is helpful in damage to tendons or cartilages during surgery with pain or delayed recovery; Phosphorus is given in hemorrhage during or after surgery; Naja given in hypotension resulting from shock, etc. Homeopathy was discovered by Dr. Hahnemann, a German physician who was before the rudiments of medicine had been developed at that time. By his keen observations, he discovered the homeopathy based on specific laws and principles. So homeopathy can also be called as scientific homeopathy. Basically, scientific homeopathy can be called as the practicing of homeopathy based on its principles and laws. This law states that when drugs are diluted either in water or alcohol, they actually increase in therapeutic potency. Unfortunately due to mental symptoms concepts and dreams related concepts in homeopathy creates deviation of a scientific approach to homeopathy and its action. But except that since last few decades the scientific background behind homeopathy is being researched and established. Various kinds of concerned or scientific persons like, biologists, physicists, and pharmacologists worked and make researchers that homeopathic medicines are basically a form of a nano-pharmacological system of medicine. It is recognized by the World Health Organization as a valid form of healthcare, making it the second fastest growing and widely used medical system in the world. Our goal should be to set high standards and make it the mainstream system of medicine. Therefore, it is important for us to understand the status of homeopathy in different countries, because our job is not only to treat patients, but also popularize our pathy. The Royal family has used homeopathy for three generations. In the United Kingdom Homeopathy treatment is available and funded by the National Health Service NHS , and some health insurance companies will recognize treatment by homeopaths. Homeopathic physicians were the first of the complementary medicine professions to develop government-endorsed National Competency Standards NCS for the education of homeopathic physicians in Australia. There are a number of recognized homeopathic associations in Australia, all of which have representatives on the board of AROH. Branch Committees provide the day-to-day running of the Association in their State, including the organization of local seminars, while the National Council of the Association made up of representatives from each Branch sets the strategic direction and overall policies, and provides such services as are considered best achieved at a national level. Significant achievements are made via the combined energies of the committees throughout Australia, all of whom are unpaid volunteers. Von Boenninghausen was born in in an Australian family. Thirteen states license naturopathic physicians and homeopathy is included within their scope of practice. The market for homeopathic medicine in the United States is a multi-billion dollar industry. Homeopathic remedies are recognized and regulated by the Food and Drug Administration and are manufactured by pharmaceutical companies under strict guidelines. The states of Arizona and Nevada are the only states in the country that license homeopathic medical doctors and homeopathic medical assistants. Several states include homeopathy within the scope of practice for chiropractic physicians and acupuncturists. There is no national licensure in the United States and licensure is determined by State 50 states. Nowadays, homeopathy attracts more and more friends among the German population. In medical schools, the number of homeopathic courses offered has increased. Read more about Homeopathy All Over The World Difference Between Homeopathy And Allopathy Most people are unaware of the silent conflict that has been waged between two distinctly different philosophies in the field of medicine. Both methodologies have a common goal which is to cure the sick people with different origin and different way of treatment. Homeopathy medicines are highly dependent on the individuality of the patient and

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assessing his difference and response in contrast to other patients suffering from the same disease. Two persons having the same disease are treated differently means the medicine is different for both in homeopathy. The medicine is given on the basis of how different peoples react to the same kind of disease. So, everyone has a different reaction to the same disease and hence is treated with different medicines. Homeopathy is a field of medicine which deals with the root of the problem. It helps the body to heal itself by improving its immune system. The medicines given in this type of medication are meant to cure the root of the problem. This hence cures the cause of infection. Also, most of the homeopathic medication is permanent. This means disease once treated completely over a course period, will not recur again. In allopathy particular medicine is prescribed for particularly affected organ or specifically fixed medicines on the name of the particular disease, results in suppression of the disease. The pill given for a disease is curing that particular disease and giving birth to another disease in the body.

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Chapter 5 : Difference between Naturopathy Ayurveda Homeopathy vs Allopathy

It is known that allopathy only offers a partial cure, as the drugs are made to only cure the reaction and not the root cause. The effectiveness of allopathic medicines during an emergency is the fundamental reason why it is adopted by most of the people all around the world.

Yes, with a few rare exceptions. I think almost anyone can agree on that. Once we move past the anecdotes, look past the "drug companies are evil" arguments, and actually see the unbiased information it all says homeopathy does not work. I am perfectly willing to embrace any alternative treatment if they are proven. It really is not that much to ask for. Many drugs are natural, many more are semisynthetic derivatives of the natural substances. We use those drugs because they have been proven. I remember on this site a person who does not like Western medicine that "lithium is hardly natural. In the Western World evidence based medicine or Western medicine is by far the most popular because it works and the technology exists. If people live in a place with little or no medical facilities then of course they will use some sort of alternative medicine. In many parts of the world certain drugs like antiretrovirals are worth killing for. Although in some respects alternative medicine is growing largely because it is so enticing. I have seen patients who, out of pure desperation, try anything to get better. It would not be acceptable and it would be highly illegal for a drug company to say "pill A is a cure for cancer" yet there is nothing to back that up. Unless homeopathy can prove itself and it has been disproven then it will never be parallel or part of Western medicine. If any other type of alternative medicine does prove it truly does work then it will be part of evidence based treatment and it really will be embraced by doctors, nurses, and other health workers. Yes drug companies have done bad things, yes agencies like The FDA have done bad things, yes some doctors have done some bad things, and yes drugs so have side effects and there is always that risk. However the assumption that greed runs western medicine is not correct. It is also insulting when people, often with no training or medical skills yet "know" a lot, tell me that I have been bought by drug companies or that all I care about is writing scripts. It's an insulting and simply an emotional reaction.

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Chapter 6 : HOMEOPATHY Vs. ALLOPATHY Vs. AYURVEDA | Anannya Bose - calendrierdelascience.co

The question whether homeopathy, allopathy or naturopathy which one best is, all relative in the context of geographical location of the patient concerned, his diet and daily routine.

Debas, Ramanan Laxminarayan, and Stephen E. The discipline has evolved over millennia by drawing on the religious beliefs and social structures of numerous indigenous peoples, by exploiting natural products in their environments, and more recently by developing and validating therapeutic and preventive approaches using the scientific method. Public health and medical practices have now advanced to a point at which people can anticipate—and even feel entitled to—lives that are longer and of better quality than ever before in human history. Yet despite the pervasiveness, power, and promise of contemporary medical science, large segments of humanity either cannot access its benefits or choose not to do so. More than 80 percent of people in developing nations can barely afford the most basic medical procedures, drugs, and vaccines. In the industrial nations, a surprisingly large proportion of people opt for practices and products for which proof as to their safety and efficacy is modest at best, practices that in the aggregate are known as complementary and alternative medicine CAM or as traditional medicine TM. Much of this book considers the formidable challenges to advancing human health through the further dispersion of effective and economical medical practices. This chapter considers both proven and unproven but popular CAM and TM approaches and attempts to portray their current and potential place in the overall practice of medicine. With globalization, the pattern of disease in developing countries is changing. Unlike in the past, when communicable diseases dominated, now 50 percent of the health burden in developing nations is due to noncommunicable diseases, such as cardiovascular diseases, diabetes, hypertension, depression, and use of tobacco and other addictive substances. Because lifestyle, diet, obesity, lack of exercise, and stress are important contributing factors in the causation of these noncommunicable diseases, CAM and TM approaches to these factors in particular will be increasingly important for the development of future health care strategies for the developing world.

Definitions and Domains of Complementary and Alternative Medicine and Traditional Medicine We refer to medical practices that evolved with indigenous peoples and that they have introduced to other countries through emigration as traditional medicine. We refer to approaches that emerged primarily in Western, industrial countries during the past two centuries as scientific or Western medicine, although we acknowledge that not all Western medicine is based on scientifically proven knowledge. The terms complementary and alternative describe practices and products that people choose as adjuncts to or as alternatives to Western medical approaches. Endless varieties of practices are scientifically unproven and poorly accepted by medical authorities. For the sake of organizing an agenda for research into these approaches, the U. National Institutes of Health has grouped them into five somewhat overlapping domains [http:](http://) These include use of a vast array of vitamins and mineral supplements, natural products such as chondroitin sulfate, which is derived from bovine or shark cartilage; herbals, such as ginkgo biloba and echinacea; and unconventional diets, such as the low-carbohydrate approach to weight loss espoused by the late Robert Atkins. Manipulative and body-based approaches. These kinds of approaches, which include massage, have been used throughout history. In the 19th century, additional formal manipulative disciplines emerged in the United States: Both originated in an attempt to relieve structural forces on vertebrae and spinal nerve roots that practitioners perceived as evoking a panoply of illnesses beyond mere musculoskeletal pain. Many ancient cultures assumed that the mind exerts powerful influences on bodily functions and vice versa. Attempts to reassert proper harmony between these bodily systems led to the development of mind-body medicine, an array of approaches that incorporate spiritual, meditative, and relaxation techniques. Whereas the ancient Greeks postulated that health requires a balance of vital humors, Asian cultures considered that health depends on the balance and flow of vital energies through the body. This latter theory underlies the practice of acupuncture, for example, which asserts that vital energy flow can be restored by placing needles at critical body points. This approach uses therapies

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that involve the use of energy—either biofield- or bioelectromagnetic-based interventions. An example of the former is Reiki therapy, which aims to realign and strengthen healthful energies through the intervention of energies radiating from the hands of a master healer. For example, traditional Chinese medicine incorporates acupuncture, herbal medicines, special diets, and meditative exercises such as tai chi. Ayurveda in India similarly uses the meditative exercises of yoga, purifying diets, and natural products. In the West, homeopathic medicine and naturopathic medicine each arose in the late 19th century as reactions to the largely ineffectual and toxic conventional approaches of the day: In developing nations, TM is the sole source of health care for all but the privileged few. By contrast, in affluent countries individuals select CAM approaches according to their specific beliefs. For example, as many as 60 percent of those living in France, Germany, and the United Kingdom consume homeopathic or herbal products. Only 1 to 2 percent of Americans use homeopathy, but 10 percent of adults use herbal medicines, 8 percent visit chiropractors, and 1 to 2 percent undergo acupuncture every year.

Ni, Simile, and Hardy There is remarkably little correlation between the use of CAM and TM approaches and scientific evidence that they are safe or effective. For many CAM and TM practices, the only evidence of their safety and efficacy is embodied in folklore. Beginning more than 1, years ago, data on the use of thousands of natural products were assembled into impressive monographs in China, India, and Korea, but these compendiums—and similar texts from Arabic, Egyptian, Greek, and Persian sources and their major European derivatives—are merely catalogs of products and their use rather than formal analyses of safety and efficacy. Many people who today choose herbal products in lieu of prescription medications assume that because these products are natural, they must be safe, even when the evidence for this assertion is essentially anecdotal. Recent studies have shown that herbals are highly variable in quality and composition, with many marketed products containing little of the intended ingredients and containing unintended contaminants, such as heavy metals and prescription drugs. A few herbals are banned outright in several countries. Comfrey and kava have been associated with liver failure, aristolochia with genitourinary cancer De Smet , and ephedra with heart attacks and strokes Shekelle and others More important, herbals contain ingredients that can accelerate or inhibit the metabolism of prescription drugs table The most notorious of these is St. The cumulative data on the pharmacological and potential adverse effects of herbal supplements now dictate that patients discuss their use of supplements with knowledgeable practitioners before initiating treatment. As to evidence of the efficacy of CAM and TM approaches, thousands of small studies and case series have been reported over the past 50 years. Few were rigorous enough to be at all compelling, but they are sufficient to generate hypotheses that are now being tested in robust clinical trials. The existing body of data already shows that some approaches are useless, that for many the evidence is positive but weak, and that a few are highly encouraging table

Economics of Complementary and Alternative Medicine and Traditional Medicine Although social, medical, and cultural reasons may account for why people in a given country prefer CAM and TM to conventional Western medicine, economic forces are also at play. This section describes the socioeconomic determinants of seeking treatment from traditional healers and providers of CAM; reviews the evidence on the cost-effectiveness of CAM and TM; and discusses cost-effective approaches to regulating, improving, and expanding the use of CAM and TM. Much of this evidence is from industrial countries; few studies have been conducted in or are applicable to low- and middle-income countries. This caveat is important for two reasons. First, the CAM and TM modalities discussed in this section may not be used in many developing countries. Second, the limited data on cost-effectiveness may not be applicable in the case of those countries. Nevertheless, the data give a rough picture of the relative cost-effectiveness of a number of CAM and TM practices. Although economic factors play a role in this choice, the underlying incentives are not always predictable. For instance, a common misconception is that patients opt for CAM and TM services because they are cheaper alternatives to conventional medical care. Even though there are certainly instances when the cost of treatment using CAM or TM is much cheaper than the cost of accessing a conventional medical service, several studies have found that CAM and TM cost the same or more than conventional treatments for the same conditions see, for example,

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Muela, Mushi, and Ribera At least one study has shown that financial considerations are rarely the primary factor in choosing a traditional healer, ranking behind such reasons as confidence in the treatment, ease of access, and convenience Winston and Patel The high cost of using a healer was cited as the most common barrier to seeking care from this source. The same survey found that outcomes tended to be better when patients went to government clinics TM is not always more expensive than conventional medicine, however. Another common misconception is that the poor are more likely to use TM. At least one study shows that this may not be true. Although some traditional healers charge more than conventional practitioners, their fees may be negotiable, the method of payment may be flexible often on credit or in exchange for labor , and payment may be contingent on outcome. The availability of an outcome-contingent contract favors TM over Western medicine when the disease condition requires providers to both exert effort in curing patients and induce patients to comply with their recommendations. Nonetheless, this strategy may be difficult to apply to the larger health care system. Furthermore, patients tend to seek care from traditional healers for conditions such as mental illness, impotence, and chronic disorders, which they perceive as requiring greater involvement by the extended family and kinship group. Accordingly, the availability of financial support for seeking treatments for these disorders is greater than it is for illnesses such as malaria or diarrhea, for which patients more often seek conventional treatment. Few published data are available on the financial costs of TM in low- and middle-income countries. Of 28, individuals in the sample, 10, had consulted a health care provider in the four weeks preceding the survey. These consultations included both home visits and visits to a provider. Of the 10, 1, had been to a public provider, 1, to a private provider, 7, to a pharmacy, and to a traditional healer. The per visit drug cost for consulting a traditional healer was D 46, and the total cost per visit was D 51, compared with drug costs of D 38 and total costs of D 41 for going to a private clinic. One commonly cited motivation for using CAM and TM is that their use might lower the incidence and costs of side effects associated with conventional treatments, but the published evidence on this point remains mixed. There is some evidence that CAM is used in addition to conventional treatments Thomas and others , but CAM may also have the effect of displacing conventional treatments. An outpatient survey found that, of patients who had been receiving conventional treatment from the Royal London Homeopathic Hospital since the onset of care, a third had halted their conventional treatment and another third had reduced their intake of conventional medication van Haselen The use of homeopathic treatment often replaced conventional treatments in patients with skin and respiratory infections; in patients with cancer, its use was purely complementary and therefore added to overall health care costs. Thomas and others observe that patients who use CAM and TM also commonly access conventional medical care. In industrial countries, most CAM usage complements conventional care, but this is also common in developing nations. For instance, Mwabu provides evidence from Kenya that patients are likely to use more than one type of provider from the range of those available, such as government facilities, mission clinics, private clinics, pharmacies, and traditional healers. If an initial visit to one kind of provider did not resolve the disease satisfactorily, a follow-up visit was made to a different kind of provider. Finally, the quality of care—“including efficiency of service and waiting time at government and private clinics—is an important determinant of whether patients choose to go to traditional healers. Most traditional healers surveyed in a second study referred patients to Western practices for treatment when necessary Mwabu, Ainsworth, and Nyamete Economic Evidence Although most studies tend to focus on a specific CAM or TM practice, Sommer, Burgi, and Theiss looked more broadly at whether the provision of CAM and TM services through prepaid health plans or government insurance reduces the overall costs of health care and found that it does not. A possible reason is that few individuals who are offered access to CAM use them, and those who do might access those services in addition to, not in place of, more conventional health services. Studies that compare the cost-effectiveness of different CAM and TM approaches using the same analytical framework are rare. Complementary medical practices evaluated included acupuncture, homeopathy, tai chi, meditation, reflexology, hydrotherapy, naturopathy, and massage. Patients were enrolled in either the Western medicine group or the CAM group. Patients were not randomized

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between the two treatment groups, but they were matched by disease pathology and severity, age, and sex. Furthermore, selected patients had completed at least one year in the health system, as the investigators reasoned that this would enable them to evaluate their follow-up. Overall, the investigators found that complementary medicine was between 53 and 63 percent less expensive than conventional medicine for achieving equivalent levels of effectiveness. Complementary medicine was especially cost-effective for osteoarthritis, hypertension, facial paralysis, and peptic ulcers. However, this study was not randomized, and patients had to have failed first-line drug treatment before being offered the choice of second line-treatment, either with acupuncture or with Western medicine. Homeopathy Evidence indicates that the cost of homeopathic medication is lower than the average cost of allopathic products, which would be an economic factor in favor of its use if homeopathy were proven to be effective. A study by the National Health Service in the United Kingdom found that the drug costs associated with homeopathy were lower than those of allopathic practitioners Swayne However, the study was not randomized and failed to control for the inclination of only a subset of people to accept and remain compliant with ayurvedic approaches. Chiropractic Some studies found that spinal manipulation is less expensive than conventional treatments for episodes of back pain. Moreover, 15 percent of patients in the chiropractic group were able to return to work, compared with none in the control group.

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Chapter 7 : What is the difference between homeopathy and allopathy? | Yahoo Answers

The Chairman of the Agency is Dr. A. Ameer Jahan, a renowned Allopathic Medical Practitioner in Sterility and Sexology and a Consultant in Venerology for over three decades, a Research Scientist in Herbal Aphrodisiacs and a Resource person of the Department of Biological Sciences.

Herbal drugs constitute a major share of all the officially recognized system of health in India viz. Currently there is no separate category of herbal drugs or dietary supplements, as per the Indian Drugs Act. The common reasons for tilting of common man towards herbal drugs are frustrating side effects and lack of the curative value in modern medicines. There are basically three types of methodology to treat a disease. Homeopathy, Allopathy and Ayurveda. All of these methodologies have a common goal which is to cure the disease. Each one has different origin and different way of treatment. In the present article we are going to differentiate these three methodologies their origin and the way of treatment used by them. It means like cures like, further explanation is that patient and medicine symptoms are similar, it also called Law Of Similia. Homeopathy, or homeopathic medicine, is a holistic system of treatment that originated in the late eighteenth century. The name homeopathy is derived from two Greek words that mean "like disease. Homeopaths use the term "allopathy," or "different than disease," to describe the use of drugs used in conventional medicine to oppose or counteract the symptom being treated. Homeopathy is generally a safe treatment, as it uses medicines in extremely diluted quantities, and there are usually minimal side effects. Its non-toxicity makes it a good choice for the treatment of children. Another benefit of homeopathy is the cost of treatments; homeopathic remedies are inexpensive, often a fraction of the cost of conventional drugs. Homeopathic treatment has been shown effective in treating many conditions. Colds and flu may be effectively treated with aconite and bryonia. Influenza suffers in a double-blind study found that they were twice as likely to recover in 48 hours when they took homeopathic remedies. Studies have been published in British medical journals confirming the efficacy of homeopathic treatment for rheumatoid arthritis. Homeopathic remedies are effective in treating infections, circulatory problems, respiratory problems, heart disease, depression and nervous disorders, migraine headaches, allergies, arthritis, and diabetes. Homeopathy is a good treatment to explore for acute and chronic illnesses, particularly if these are found in the early stages and where there is not severe damage. Homeopathy can be used to assist the healing process after surgery or chemotherapy. Allopathy is basically a part of western medical system and is spread all over the world. Its network is very wide. It is adopted by almost all of the countries around the world. Allopathy is drug oriented methodology. Allopathy mainly depends on three things hypothesis, experimentation and the outcome of the experiment. This methodology basically depends on experimentation. In this doctors treat a disease based on symptoms not on the causes. The pill given to the patient depends on the outcome of the experiment. Suppose one got viral then his blood is tested to check the type of viral. Depending on the output of the blood test the pill is given. So we can say that in allopathy there is a pill for a particular disease. There is no place for individuality in allopathy because the same pill is given to all the patients having same kind of disease. The effectiveness of allopathy in emergency is the main reason why people around the world adopted allopathy. Most of the drugs given in allopathy have side effects. The pill given for a disease is curing that particular disease and also giving birth to another disease in the body. So allopathy has this drawback of side effects of pills. For example the person who has fever is given paracetamol tablet which is responsible to bring down the body temperature to normal condition but on the other hand it is harmful for our liver. The side effects can be internal or external. Once your disease is cured then you have to take pill for the side effects caused due the pills used consumed for the treatment. And then while curing these side effects another one occurs. So a chain of side effects is created due to the pills given in allopathic treatment. So this is the area of concern in allopathic treatment. Allopathic medicine refers broadly to medical practice that is also termed Western medicine, evidence-based medicine, or modern medicine. The term "allopathy" was coined in by Samuel Hahnemann to

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designate the usual practice of medicine allopathy as opposed to homeopathy, the system of therapy that he founded. Homeopathy is based on the concept that disease can be treated with minute doses of drugs thought capable of producing the same symptoms in healthy people as the disease itself. Although allopathic medicine" was rejected by mainstream physicians, it was adopted by alternative medicine advocates to refer pejoratively to conventional medicine. Incorrectly regards an ailment situated in the outer parts of the body as a local disease, thus having a separate existence, believing it to be cured when suppressed by external remedies. This way, however, it only forces the inner disease to become manifested in a more serious manner on some nobler and more important part of the organism. The allopaths often speak highly of the progress made by the medicinal science. In connection with this they often mention as has already been stated very controversial subjects: It should be born in mind here why, what sort of "treatment" has caused such a serious state of the patient, that there was no other solution but transplantation. Mostly in cases of chronic diseases these do not lead to any effective treatment and to a cure, at best only to a surgical repression of the symptom. With enormous investments, enormously expensive drugs are being manufactured, which at best will be used for symptomatic treatment and suppression of local symptoms, while a long-termed negative effect on the health of the population cannot be presently estimated, just as it was not possible at the beginning of the era of antibiotics. Only the last point stands the proof in all consequences. Yes, allopathy does move the wheels of economy at the highest rate. To a large degree it is responsible for the creation of national product. With its associated productions it is currently the most extensive branch of the national economy in all developed countries. The pharmaceutical industry alone shows yearly net profits in the order of hundreds of billions of dollars. Too often people are prescribed medication only for commercial reasons. The doctors are sometimes directly, sometimes indirectly bribed by pharmacutists into prescribing and recommending more drugs. Allopaths demand from the governments and the tax payers extraordinary sums of money for the research of new diseases, such as the AIDS, where without any tangible results many billions of dollars are spent. The prescription drugs administered in large quantities become a factor in the declining state of health of the population. This reality has been already officially recognised. In some countries the problem became a political matter and for instance in Germany a law was passed that imposes limitations on the drugs prescribed by practitioners. There is nothing wrong with business. Well known in Germany is the book by three doctors, non-homeopaths, K. Weiss Bitter Pills BitterePillen , where they analyse the drugs sold on the German market, according to their treatment values and side effects. Natural Allopathic Medicine introduces new principles and practices of medicine that can be integrated into all types of health care no matter what kind of practitioner you are. Though this is a medical text it is also comprehensible for patients, who not only need to treat themselves, but have to understand what their doctors and practitioners are and, most importantly, are not doing for them. Ayu means life and Veda means knowledge so literally, it means the science of life. It explains how each individual is a unique composition of physical and mental elements. In many ways Ayurveda is like an instruction manual of natural living for human beings. It provides a systematic approach to health that includes a proper diet, exercise, seasonal daily practices that lead to healthy living. Widely regarded as the oldest form of healthcare in the world, Ayurveda is an intricate medical system that originated in India thousands of years ago. The fundamentals of Ayurveda can be found in Hindu scriptures called the Vedas – the ancient Indian books of wisdom. The Rig Veda, which was written over 6,000 years ago, contains a series of prescriptions that can help humans overcome various ailments. Ayurveda is based on the premise that the universe is made up of five elements: These elements are represented in humans by three "doshas", or energies: Vata, Pitta and Kapha. When any of the doshas accumulate in the body beyond the desirable limit, the body loses its balance. Every individual has a distinct balance, and our health and well-being depend on getting a right balance of the three doshas "tridoshas". Ayurveda suggests specific lifestyle and nutritional guidelines to help individuals reduce the excess dosha. A healthy person, as defined in SushrutSamhita, one of the primary works on Ayurveda, is "he whose doshas are in balance, appetite is good, all tissues of the body and all natural urges are functioning properly, and whose mind, body and spirit are cheerful It is now one of

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the most recognized and widely practiced disciplines of alternative medicine in the world. Some of the popular practices of Ayurveda are Meditation, Yoga, chanting, breathing exercises, Panchakarma and Herbs. Are written in Sanskrit and are a major source of information: Major Ayurvedic Classics Brhatrayi: CharakSamhita by Charaka CharakSamhita, which dates back to approximately BCE, is a major compendium of Ayurvedic medical theory and practice that Charaka, an internist at the University of Taxila, compiled in Sanskrit. Presented as poetry, Samhita contains more than 8, verses in its chapters. Modern Ayurvedic physicians still use Samhita in their medical training, and the text has been widely translated. The most widely recommended translation is one by Dr. Sharma, which contains extensive appendices and a rich index. SushrutaSamhita by Sushruta This surgical text, which dates back to approximately BCE, contains seminal content such as the Ayurvedic definition of health, information on blood, and the description of five sub-doshas of Pitta and the marma points. This volume also includes pioneering techniques in skin grafting and reconstructive surgery. The Sangraha is primarily written in poetry, while The Hridayam is presented as prose. These texts define the five subdoshas of Kapha and emphasize the material value of life. Minor Ayurvedic Classics Lghutrayi:

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Chapter 8 : difference between homeopathy and allopathy? | Yahoo Answers

Ayurveda and Homeopathy both provide natural treatment, the key difference in the that Ayurveda protecting from diseases, And Homeopathy is curing of diseases. Ayurveda uses minerals and herbs, keep body balance, and also yoga and meditation, exercise for health.

Chikungunya is a mosquito borne viral disease caused by the RNA virus belonging to the alphavirus genus of family Togaviridae. Chikungunya fever has been reported in more than 60 countries of Asia, Africa, Europe and the Americas. Its transmission from human to human is facilitated by the bites of infected female mosquitoes. Most commonly, the mosquitoes involved are *Aedes aegypti* and *Aedes albopictus*. Currently, there is no cure for the disease and the treatments are focussed only to relieve the symptoms. In , according to the World Health Organisation, suspected and laboratory confirmed cases of chikungunya were reported to the PAHO regional office. Countries that reported the most cases were Brazil suspected cases , Bolivia and Colombia 19 suspected cases, respectively. Get Sample Copy <https://www.researchgate.net/publication/312511111>: Moreover, pouring government investments and favourable policies will fuel the market. However, factors such as lack of awareness and cost of treatment and diagnosis can restrain the market growth during the forecasted period. A , Genome Diagnostics Pvt. A , Sanat Products Ltd. India , Taj Pharmaceuticals Limited. India , and Etubics Corporation U. Segmentation The chikungunya fever market is segmented on the basis of diagnosis, treatment, and end users. On the basis of diagnosis, the market is segmented into ELISA based assays, serological tests, virological tests, and others. On the basis of treatment, the market is segmented into allopathy, homeopathy, ayurveda, and others. The allopathy segmented is sub segmented into anti-pyretics, optimal analgesics, and others. The homeopathy segment is sub segmented into pyrogenin, rhus-tox, cedron, and others. The ayurveda segment is sub segmented into amrutharista, mahasudarshana churna, dhanvantaram gutika and others. On the basis of end users, the market is segmented into hospitals and clinics, academic institutes, research laboratories, and others. Regional Analysis The Americas dominate the chikungunya fever market owing to a well-developed healthcare sector. Apart from this, changing lifestyle and increasing healthcare expenditure have boosted the growth of the market in the Americas. Europe holds the second largest market for chikungunya fever, which is followed by Asia Pacific. On 22 September , according to the European Centre for Disease Prevention and Control there were about autochthonous chikungunya cases in Italy. Such trends for chikungunya fever was seen across the region. This is expected to boost the market growth during the forecasted period. According to the World Health Organisation, the major outbreaks of chikungunya fever are seen in Asia and the Indian subcontinent. This made Asia Pacific the fastest growing region for the market due to the presence of a huge patient population and presence of huge opportunity in the market. Moreover, continuously developing economies like India and China within the region have increasing healthcare expenditures which fuels the market growth. A majority of the market of this region is held by the Middle East due to a well-developed healthcare sector and huge healthcare expenditure. Apply for Exclusive Discount <https://www.researchgate.net/publication/312511111>:

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Chapter 9 : HOMEOPATHY OR ALLOPATHY? | Yahoo Answers

A victim of allopathic medicine Miss abcyr/F, r/o new delhi, The patient developed fever 2 months back with headache and vomiting. She was treated by several allopathic doctors but there was no relief.

Throughout my entire childhood growing up in Southern California I knew of only one child with asthma, my cousin who lived in Texas. None of my many friends or classmates over the years, to my knowledge, had this disorder. The story is quite different now. That is more than 5 percent of the population younger than 18 years 1 in 20 persons. That is an increase of over two-and-one-half times in just fourteen years. The American Family Physician article goes on to outline the contemporary medical approach to asthma, advocating aggressive therapy involving mostly inhaled medications to control the symptoms of the disease. I was not surprised that the authors, conventional physicians, never mentioned homeopathy as a therapeutic option. They doubtless know nothing of homeopathy and have never considered it. I was surprised, however, that the authors were silent regarding any speculation on possible reasons for this incredible increase in disease incidence. After all, there has to be a reason. And identifying this reason is fundamental to reversing this trend. The most common reason that I hear bantered about in medical circles is that the increase in asthma is probably because of pollution. The problem with this argument is that the air, at least in Southern California, is significantly cleaner now than it was back in the sixties. Pollution can definitely be a factor in asthma, as can allergies, diet, emotional trauma, etc. In my opinion, the skyrocketing incidence of asthma is iatrogenic physician-induced. I believe doctors are unknowingly causing asthma through their treatment of infants and young children. I am not saying all asthma is caused by physician treatment, but enough to account for the increasing incidence of this disease. The medical treatments that I suspect are causing asthma as well as other illnesses that are increasing in frequency are an overly aggressive immunization schedule and excessive use of antibiotics in the very young. As we all know, human beings are born in a very immature state compared to other living things on this planet. While development continues for some 18 or so years, the most significant development occurs in the first months and years after birth. During this time the immune, nervous, and glandular systems as well as the lungs and other organs are undergoing remarkable changes. Just as influences such as diseases or medicines before birth can result in developmental problems known as "birth defects," so also some influences after birth can cause developmental problems resulting in chronic illness and other problems. It all depends on the individual, what they are exposed to, and when they are exposed to it. That is why I recommend a delayed and reduced immunization schedule starting not at birth as is currently recommended but much later. And I recommend homeopathic treatment for most of the illnesses of childhood, reserving conventional allopathic treatment only for times when homeopathic treatment is unsuccessful and the conventional treatment is well-indicated. There is not yet "proof" that the rising incidence of asthma is, as I claim, iatrogenic. Yet to me, after treating thousands of patients naturally for many years, the problem is so obvious and glaring that I feel irresponsible not to present it. Asthma is a multifactorial disease meaning that there are many underlying causes which can all manifest in the same clinical presentation of asthma. Conventional treatment for all cases of asthma is essentially the same, oriented towards opening the airways and reducing inflammation. This form of treatment, while often life-saving, does not cure asthma but controls its symptoms. Homeopathic treatment Homeopathic treatment of patients with asthma has two goals. One is the relief of acute episodes of asthma, the other is the curing of the underlying disease so that acute episodes no longer occur. Curing patients with asthma is beyond the scope of this article as it takes treatment over an extended time period by a homeopath with professional training and experience. By the way, it is not necessary or desirable to forego conventional treatment when undertaking homeopathic treatment for chronic asthma. In fact, to precipitously discontinue conventional treatment is often dangerous. It is best to commence homeopathic treatment and to gradually discontinue the conventional treatment only under professional supervision as the condition improves. Below, we will look at some homeopathic remedies that may be of help

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in an acute attack. Asthma can be a life-threatening disease, so medical supervision is extremely important. This is the homeopathic preparation of the well-known syrup used to induce vomiting in some cases of poisoning. It is an excellent example of how homeopathy utilizes the entire range of symptoms that a substance can cause, and cure, in a patient. For Ipecac causes and cures not only a relentless kind of nausea and vomiting but also bright red hemorrhages, respiratory affections, and even convulsions. Regarding asthma, the symptoms indicating the use of the homeopathic preparation of Ipecac are constriction in the chest, rattling mucus without expectoration, suffocating coughs, and gasping for breath. The patient often must sit up and remain still. The tongue is often clean no coating or red and pointed. There may be nausea a big indication for this remedy , but in my experience it is often absent in patients who respond well to the remedy. I have seen many remarkable responses with Ipecac for patients with acute asthma. Most patients have a gradual resolution of their symptoms, while others have a dramatic, quick response. More than one patient reported vomiting within minutes of taking the remedy, followed by immediate relief of symptoms. One girl, just minutes after taking the remedy, had a sudden onset of nose bleeding with bright red blood an Ipecac symptom with immediate clearing of her asthmatic symptoms. I have found this remedy so useful in patients with acute asthma that I often use it in those patients where clear indications for a remedy are lacking. Like Ipecac, this is another remedy to consider for patients in whom asthma is associated with nausea. And, like Ipecac, there is rattling respiration and constriction in the chest. A distinguishing feature may be a profuse flow of saliva or a prickling sensation in the skin. Good old Arsenicum album is often indicated in patients with acute asthma. The patient must sit up and has the whistling, wheezing breathing so common in asthma. The typical Arsenicum symptoms are often present, namely restlessness, anxiousness often with fear of death or sense of foreboding , chilliness, thirst often for sips of cold water , and a worsening of symptoms after midnight. This homeopathic preparation of a sea sponge is sometimes needed for patients with acute asthma. If a patient has a barking, croupy cough, then Spongia is often indicated. Like Arsenicum, they may feel anxious, with fear of suffocation. A peculiar Spongia symptom in asthma is the need to throw the head back. They sometimes have a sense of something in the larynx, and they may be hoarse. Consider Spongia for those patients whose asthma comes on after dry, cold winds and who wake with their symptoms. This common remedy is often overlooked in patients with acute asthma. As is common in asthmatics, they cannot breathe properly lying flat and must sit up. Emotionally, they usually feel a bit wimpy emotional and tearful and want sympathy and consolation. Discharges, if present, are typically thick, colored, and creamy. This is a common remedy in patients with many lung afflictions. Asthma is often preceded by a cough. The patient is usually thirsty for cold drinks. Emotionally, the patient is sensitive, anxious, and easily exhausted. They often desire sympathy and company. There are many other remedies to consider including Aconite sudden onset, extreme fear , Sambucus associated with profuse sweat , Lachesis suffocative attacks on falling asleep, intolerant of constriction , Nux vomica chilly; irritable; oversensitive to noise, odors, etc. Check a larger materia medica or one of the home care books for more information on these and additional remedies indicated for acute asthma attacks. Dosage In patients with acute asthma, I repeat the homeopathic remedy frequently. Sometimes only one or two doses will break the attack as described in the Ipecac example above , but usually repeated doses, often every few minutes in an acute attack, are necessary. The readily available 30C or 30X potency will suffice, though if I have higher potencies available I use them. A good technique for frequent dosing is to dissolve a dose in a glass of water, stir it frequently, and give teaspoons or sips of the medicated water every few minutes. For a more permanent cure If you or someone you know has asthma, you should consider consulting with a professional homeopath for treatment. The secret for good results is to stick with it. Sometimes there will be minimal progress for many months followed by gradual but steady improvement. I have treated many patients with asthma over the years. There are some who got limited results, but most, over time, get significant improvement. Again, I want to emphasize that it is not necessary, nor desirable, to suddenly discontinue your conventional medications in order to start homeopathic treatment. These medications can be reduced as you improve. I once told a conventional German doctor whom I met doing

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residency work here in the U. He replied, "Oh yes, homeopathy is used a lot in Germany. It is very good for treating patients with diseases like asthma. He is the author of the easy-to-read introductory book, Homeopathy: Beyond Flat Earth Medicine. The complete text can be read on-line at <http://www.drdooley.com>. For more information, visit <http://www.drdooley.com>. He can be reached at drdooley@drdooley.com or [410-326-1111](tel:410-326-1111). Create a Free Account!