

10th International Conference on

Chinese Medicine, Ayurveda & Acupuncture

March 04-05, 2019 | Berlin, Germany

Importance of Homeopathy in our daily life.

Asad Ullah

D.H.M.S, R.H.M.P. (Muhammadi Homeo hospital) Pakistan

How Homeopathy Works. Why it would be beneficial to use homeopathic substances to help treat an illness or health problem if the same substance seems to also contribute to illness? The idea is that this practice helps stimulate the immune system and the body's natural ability to heal. As the School of Homeopathy states, "that which a substance is capable of causing, it is also capable of curing." One of the most important principles of homeopathic medicine is that treatments must be "individualized" and tailored to each person's specific symptoms, history, body and needs. Even if two people are battling the same illness, they can receive completely different commendations from their homeopathic doctors based on their unique situation and how their body would be expected to respond. Some key facts about homeopathy and how this system works: Homeopathic doctors first evaluate a patient and identify symptoms of an illness in order to "match" them with a remedy. Symptoms are usually graded depending on their intensity and frequency, and then specific remedies are assigned. Because homeopathy is a "holistic" practice, the patient's entire lifestyle, habits and background are considered. There's a very strong emphasis on emotional symptoms and conditions that might be contributing to an illness. For example, homeopathy considers that emotional stress can trigger tension headaches and a lack of sleep can contribute to digestive issues. A core belief in homeopathy is that mental and emotional symptoms are so important that they even outweigh many physical symptoms. The reason for this belief is that someone's personality, beliefs and mental/emotional symptoms are characteristic of the entire individual and affects their ability to heal. It's common for homeopathic medicines to be called "tinctures" or "mother tinctures," which are simply solutions made from either grinding, distilling or extracting active ingredients in to some sort of carrier (usually either alcohol or water). Based on the number of "potentization steps" needed, a homeopathic remedy is diluted to a certain degree and assigned based on intensity of symptoms. Decimal potency numbers or ratios are given to each remedy, to state the ratio of active chemical ingredients in relation to either water or alcohol. In homeopathic medicine, there is an important distinction between "potency" and "strength" of a remedy. A remedy is not always considered to be stronger or better if it's more potent, since each person's reaction to a potency will be different. Many homeopathic substances can cause toxicity, poisoning or negative reactions if taken in high enough doses (like mercury, arsenic or even snake venom, for example). Therefore, very low doses are usually administered — even doses so low that the substance itself is practically unidentifiable due to being heavily diluted.

drasadkhan_007@yahoo.com