

Homoeopathy

Worldwide Homeopathy is seen as an alternative and often complementary to conventional medicine. It is tried, when all fails. It is questioned by some, ridiculed by others, and mostly wondered by many what it actually means and entails. Anything “natural”, alternative, herbal, supplementary, unexplainable or different is automatically grouped and described as homoeopathic. Nothing is further from the truth! Often people are already baffled and confused when confronted with the definition of what homoeopathy is, namely: a very specific and complete system of holistic medicine which makes use of the ancient principle of curing like with like, in other words “*Similia similibus curentur.*” The use of highly diluted and succussed remedies further adds to the confusion.

This is precisely what makes homoeopathy so safe and effective. The use of nano-medicine, nano particles, electro-magnetism, is not a new one in science and has been used in many areas of modern medicine. Due to its minute and yet powerful make-up, homoeopathy does not and cannot have any side-effects. It works precisely where intended. It may have quite significant reactions, which are usually a sign that the remedy is working as it activates the self-healing mechanism of humans (or animals – it is a very important modality in veterinary treatments).

In principle homoeopathy is as good as its application, theoretically any condition can be treated with homoeopathy, including reversing potential surgical cases and making surgery unnecessary. It depends on the selection of the correct remedy, which at times can be challenging, as the homoeopath deals with thousands of remedies. It also depends on how chronic or advanced an illness is – in this case, treatment is complicated and prolonged. Many patients do not understand the process and abscond before treatment is complete. The concept of immediate relief and instant gratification is too ingrained in modern man, who does not understand that healing takes time and most modern treatments are usually based on a suppression of symptoms, not true healing. Homoeopathy is excellent when dealing with acute diseases such as childhood diseases, colds and flu, injuries and respiratory, and urinary conditions.

Most patients seen by homoeopaths are healed or relieved to some extent. Many patients and their families consult only homoeopaths for all their conditions, and are referred to specialists in the case where the homoeopath cannot help or the condition requires expert evaluation and other treatment first.

Research in homoeopathy has been ongoing for centuries. It is the most researched and documented medical discipline since its start in 1790, a fact which opponents of homeopathy choose to ignore. It is the medicine taught to British Missionaries before being sent out into the world, as they could help and treat people effectively and safely wherever they went. This is now the basis of the British Homoeopathic Association formed in 1902. Most homoeopaths start out as medical practitioners and then specialize in homoeopathy. Homoeopathy is a medical field, incorporating all aspects of medicine in its training and execution of this field of medicine. All aspects of medicine apply to the homoeopathic practitioner. Some countries such as South Africa (University of Durban and Johannesburg), and India train homoeopathic practitioners from the

start (6-year Master Degree course), without first having completed a medical degree. In India many universities and hospitals are entirely homeopathic, with every medical department such as Obstetrics, Paediatrics, Internal medicine, etc. included, just as in conventional facilities. Referrals are made to conventional hospitals as necessary. Often both types of hospitals work together and refer amongst each other. Community services and medicine in India is mainly homeopathic, because it is much cheaper and has no side-effects. Many vaccines are provided homeopathically and have been proven as effective as traditional vaccines.

In Namibia, like in South Africa, a homoeopath is a primary contact practitioner managing all aspects of patient healthcare: the diagnosis, treatment and general management of a patient and the presenting condition. The profession of homoeopathy is regulated by the Allied Health Professions Act, no7 of 2004.

The Liga Medicorum Homoeopathica Internationalis is a global governing body for the profession of homoeopathy. They liaise with International Health Organizations like the WHO for example. They give political support, educational help and other assistance to member countries around the world. They promote and encourage research in the field of homoeopathy, advise on good quality education and run regular congresses amongst many other projects.