

Editorial October 2013

Some Views on Immunology & Homoeopathy

There are two primary approaches to treating sick people. There are therapeutic measures that directly attack specific symptoms, and there are methods that stimulate the body's own immune and defense system.

This view mentioned above has been the history of epitome in the field of immunology, Dr. Jonas Edward Salk (*American medical researcher and virologist, best known for his discovery and development of the first successful polio vaccine*) can truly be called father of clinical immunology.

Allopathic treatment today tend to treat diseases by controlling or temporary suppressing the symptoms where as homoeopathy tries to stimulate body's own defense mechanism to permanently cure the disease.. Although the allopathic treatment of symptoms often has immediate effects, its benefits tend to be short lived. Also allopathic drugs never help body to improve the susceptibility or strengthen the immunity of the patient. Hence the patient always remains prone to recurrence of their illness. Also natural therapeutic method along with strengthen the immune system also prevent recurrence unfortunately it may not always compete with allopathic treatment in time dimension. The above fact helps one to create a useful framework from which to evaluate the benefits and limitations of various therapeutic approaches.

We have already concluded that augment the body's own defenses. The fundamental basis of homeopathy, called the principle of similars, suggests that a micro dose of a substance will heal whatever pattern of symptoms this substance causes in

large dose. This principle is also observed in the use of vaccinations and allergy treatments, though homeopathic medicines are both considerably smaller and safer in dose and more individualized to the person they are being used to treat. Although homeopathic medicines are thought to stimulate the body's own defenses, how they do so remains a mystery. One study published in the **European Journal of Pharmacology** showed that a homeopathic medicine, *Silicea*, stimulated macrophages (macrophages are a part of the body's immune system which engulfs bacteria and foreign substances). How or why *Silicea* was able to have this action or why exceedingly small doses of it are so active is unknown. In the same way that physicians and pharmacologists do not understand how many drugs work, we do not understand how homeopathic medicine actually work.

Homeopathic medicines do not simply stimulate the body's immune system to treat ill people, for they can also treat a topsy turvy immune system as in cases with collagen disorders. An example of this latter effect was observed in a study of the homeopathic treatment of people with rheumatoid arthritis, a condition which is considered an autoimmune illness. People with auto-immune ailments suffer because their body's immune system is over-active and it attacks the person's own cells, not just bacteria, viruses, or foreign substances.

This study on 46 people with rheumatoid arthritis showed that those given an individualized choice of homeopathic medicine got considerably more relief than those given a placebo. A total of 82% of those people given a homeopathic medicine experienced relief of pain, while only 21% of those given a placebo got a similar degree of relief. (R.G. Gibson, S.L.M. Gibson, A.D. MacNeil, et al., "Homoeopathic Therapy in Rheumatoid Arthritis: Evaluation by Double-Blind Controlled Trial," *British Journal of Clinical Pharmacology*, (1980):453-459.)

Now let us examine the role of homoeopathy and infection, toward the end of Dr.Louis Pasteur's (was a *French chemist and microbiologist who is well known for his discoveries of the principles of vaccination, microbial fermentation and pasteurization.*) life, he had come to realize that germs may not be the *cause* of disease after all, but instead are probably the *results* of disease. In other words, various bacteria and other infective organisms may be present when there is some type of disease or internal disorder in the body, but infection tends to establish itself primarily when a person's own defenses are compromised sufficiently to make him susceptible to the infection. (Diathesis and Dyscrasia -Organon of medicine)

Unfortunately what Dr.Louis Pasteur's said at the end of his life has gone unnoticed by most scientist and allopathic physicians and by the public at large. When a person experiences an infection, most people think that it is best to take an antibiotic for bacterial infection, anti-viral drug for viral infection and anti fungal drug for fungal infection. This look simple but has multiple problems first and foremost is the side effect of the drug, sometimes they may not be as effective as they claim and even, when they are effective their usage tends to increase the chances of infective agents to adapt to the drugs, thereby reducing the chance that the drugs will be effective in the future.

As Dr.Jonas Salk claimed, instead of trying to attack a specific organism, another strategy to re-establish health is to attempt to stimulate a person's own immune and defense system, which is ultimately the approach commonly used with homeopathic medicines. add reference where this is given

Kommentar [G1]: add reference where this is given

Kommentar [G2]:

Most students and doctor of homoeopathy who have studied Organon of medicine and read the essays of Dr Samuel Hahnemann should know that homeopathy actually gained its greatest popularity in Europe and America during the mid- and

late-1800s primarily due to the significant successes it achieved in treating people suffering from the often fatal infectious disease epidemics that raged during that time. Cholera, typhoid, yellow fever, and scarlet fever were but some of the infectious diseases that homeopathic medicines were exceptionally effective in treating. (*Dana Ullman, Discovering Homeopathy: Medicine for the 21st Century, Berkeley: North Atlantic, 1991*)

The problem with natural medicines like homoeopathy (is that they will always not be effective in every case of infection!!!! The reason is that it needs to be properly prescribed based on symptoms similarity, one should remember that homoeopathy has no remedies for a specific disease but a specific remedy for a specific constitution. Hence the biggest challenge for any homoeopathic doctor is to find the right similimum.

**Kommentar [G3]:** why refer to natural medicines we can straight away say homeopathic medicines as we are dealing with homeopathy and natural medicines are a wide spectrum

Let me give you an example of a simple remedy Nux Vomica (The strychnine tree (*Strychnos nux-vomica*, poison nut, semen strychnos and quaker buttons), it is a very common polycrest homeopathic medicine. There are numerous acute and chronic conditions for which it is effective in treating, ranging from amoebic dysentery, irritable bowel syndrome, cancer of stomach, rectum, fatigue, anxiety neurosis, asthma and insomnia. Now Nux Vomica is not effective because it has anti cancerous properties or anti amoebic effects. It is effective according to basic homeopathic principles because it has the capacity to heal those specific patterns of symptoms it is known to cause if taken in large dose. Nux Vomica will not be effective in treating a person whose symptoms do not match the symptoms that Nux Vomica is known to cause.

**Kommentar [G4]:** I feel this is very basic as you know readers are all homeopathic doctors and this seems more for general public ,what do you think sir ,can we change this

Let me give you an example how this works by discussing a case. I was asked to treat a case of multi organ failure in a male 65 years, the complaint was that he was a known case of diabetes and coronary artery disease since years, recently he had

ischemic angina pectoris for which he undergone bypass surgery, post surgery he had low ejection fraction of heart followed by congestive cardiac failure and pleural effusion with ascites, he was treated with drugs but suddenly he developed atelectasis of right lung this was followed by pleural tapping leading to hemorrhagic pleural effusion followed by septicemia, respiratory paralysis and renal failure.

I examined him and selected the following symptoms

- **MIND - COMA**
- MIND - COMA - pupils - contracted pupils; with
- MIND - COMA - respiration - arrested respiration; with
- MIND - COMA - skin - coldness of skin; with
- KIDNEYS - SUPPRESSION of urine
- RESPIRATION - ARRESTED
- RESPIRATION - GASPING
- CHEST - CONGESTION - Lungs
- CHEST - HEMORRHAGE of lungs
- CHEST - PARALYSIS - Lung
- PERSPIRATION - FEVER - after
- GENERALS - DROPSY - internal dropsy
- GENERALS - PARALYSIS - Organs, of

Based on above symptoms I selected opium 200c a homeopathic medicine made from the dried latex obtained from the opium poppy (*Papaver somniferum*) there was slow but steady progress in next few weeks and finally the patient became absolutely normal after 6 weeks of hospitalisation

In conclusion I can only say that homoeopathic drugs are like immunomodulating drugs (drugs that stimulate a depressed immune system and that tone down an overactive immune system).

Immunomodulating effects from drugs may be the ideal effect that drug companies and physicians have longed for. Ironically, these drugs have been with us for a long time. Indeed, it is time to further investigate homeopathic medicines.