

Anne Vervarcke

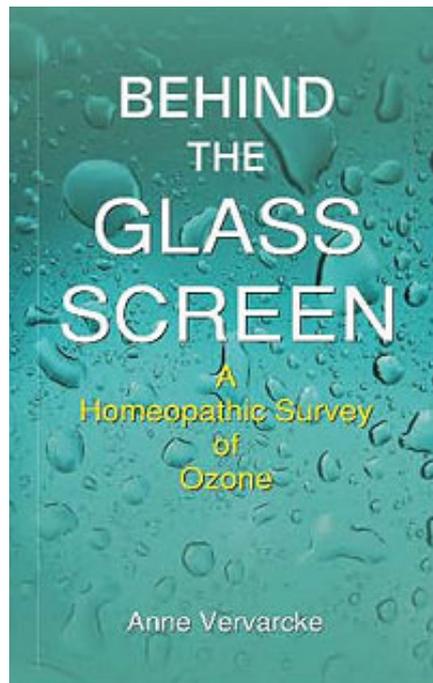
Behind the Glass Screen

Leseprobe

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The AV method.

The method of homeopathy is established by Hahnemann in his 'Organon of Medicine'. This book contains 70 aphorisms which explain the philosophy and work out the practical applications. After some twenty years of intensive study and practice of homeopathy my method of working is still fundamentally based on Hahnemann's guidelines. The most important philosophical baselines are that the homeopath treats the sick and not the disease and that the disturbed dynamis expresses itself in signs and symptoms in mind and body. These signs reveal themselves in sensations and functions and can be observed by the unprejudiced observer through the senses and understood with common sense. The homeopath uses the totality of the symptoms to form a total picture and he bases his prescription on that which is strange, rare and peculiar and most characteristic of the patient.

The way to obtain these signs and symptoms is by interview. In a homeopathic anamnesis the homeopath first lets the patient say what he has to say, then he asks questions about the matters that have been mentioned and finally he will ask further questions about matters that haven't been brought up. When the practitioner clearly perceives what is to be cured in disease, half the work has been done. The next step is to administer the right remedy in the right potency based on his thorough knowledge of the remedies, that is the *Materia Medica*. The final, very important step is to recognize the reaction pattern, to evaluate and to apply a meaningful procedure regarding frequency and potency of the remedy.

The first inescapable questions for the healer are: 'what is disease and what is health?' 'Which part of a person is ill?' Or, 'which part of a person can be ill?'

Not many people today would still argue that disease is a purely physical matter or to rephrase this more carefully, many people accept the fact that psychological elements have an influence on the physical wellbeing. Research has demonstrated that 'immune cells also make, store and secrete neuropeptides themselves, in other words, the immune cells are making the same chemicals that we conceive of controlling mood in the brain and (thus) regulate mood or emotions. This is another instance of the two-way communication between brain and body.'⁵. This means that the immune system is part of the same network as the endocrine and the nervous system⁶ As Candace Pert⁷ put it so elegantly: 'peptides serve to weave the body's organs and systems into a single web that reacts to both internal and external environmental changes with complex, subtly orchestrated responses. Peptides are the sheet music containing the notes, phrases and rhythms that allow the orchestra -your body- to play an integrated entity

⁵ Candace B. Pert: *Molecules of Emotion*, pp 182-183 Scribner, USA, 1997

⁶ Idem, p 181.

⁷ Candace B. Pert, Ph.D. is Research Professor of the Department of Physiology and Biophysics at Georgetown University Medical Centre in Washington DC. Quote p 148.

For a long time people believed that the body becomes ill because of genetic tendencies, bad luck, stress or a combination of these three factors. Although we know better now and we cannot leave psychological components out of the picture, a lot of medical actions (alternative as well as regular) are still only focussed on treating the body.

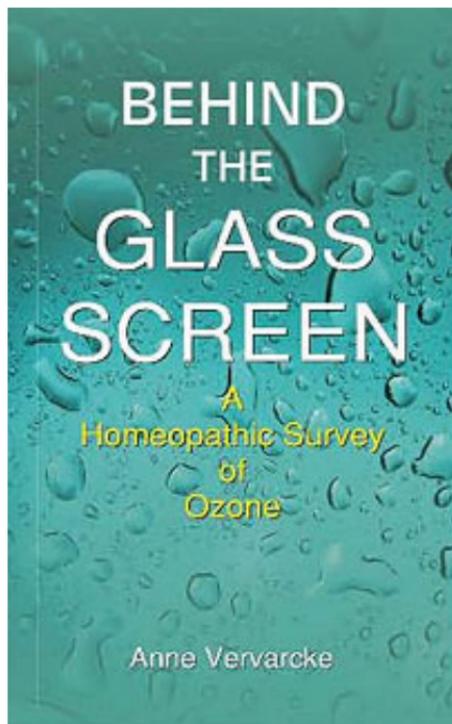
Homeopathy considers disease to be a disturbance on the vital level. In the course of time this term has been, and is, understood in different ways. The vital is non-physical and immaterial, but there is more to it than that. We differentiate more than one invisible and immaterial body. Some claim they are able to see them and depending on the source they distinguish three to nine immaterial bodies.

For practical and therapeutic purposes we can do with five bodies or layers that form part of our organism: the physical, the energetic, the emotional, the mental and the vital body.

The physical level represents the pathology of the patient in the broadest sense of the word. This incorporates not only the medical diagnose and treatment, but every physical sensation, disease or abnormality. Many alternative therapies or health recommendations are concentrated on the physical: like diets, supplements, fasts, clysters, detoxifiers, sauna and thermal baths, clay and herbal treatments, and so on. The **energetic** body is intimately interwoven with the physical. We could say that the physical mainly represents the quantity, that which can be quantified, while the energetic represents the quality. According

to the same analogy our food also has a quantity: the mass, the amount of calories, carbohydrates, proteins and fat, vitamins and minerals, but this does not tell us anything about the quality of the food. When it is chemically produced and industrially treated, it is dead food, or it contains empty calories. It does not have any vitality and therefore does not nourish our energetic body. Apart from through our food, the energetic body is also optimised through breathing, exercise, contact with the four elements, telluric and electromagnetic influences, sunlight and certain manipulations. Holistic methods of healing such as acupuncture and osteopathy work on the energetic body through purposeful actions: they drain, unblock or stimulate energy.

Clinical homeopathy works on this level (level 2 that is): it takes away the physical symptoms and optimises and harmonises the energetic body. Because the bodies interact with each other, this has repercussions on the other bodies as well. In other words, it is obvious that someone's fears, pain, despondency and doom-laden thoughts which are caused by the physical symptomatology, will disappear as well when the symptoms have been removed. Still, this is something completely different from healing on the **third or emotional level**. This is the level where pain, sadness, frustration, fear, want, anger, irritation, revenge, nostalgia, shame, guilt, outrage, etc. dwell. Emotional traumas and shock can cause disturbances both on this level as on the physical and energetic level. Most psychotherapies are aimed at recognizing, analyzing, expressing and letting go of unwanted emotions. Just as well, a good conversation, warm and loving rela-



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