

# John Wallace

## Remedy notes part 2

Leseprobe

[Remedy notes part 2](#)

von [John Wallace](#)

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REMEDY **2** NOTES



**John Wallace**

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# Introduction

**H**omoeopathy (in America, spelled 'homeopathy') is an eclectic discipline that nonetheless has its basis firmly in Western medicine. It is a system of treatment of disease. It also treats people who may be classified by orthodox medicine as 'well' - the constitutional basis of our existence is important to a homoeopath and requires sustenance, or reinforcement, on occasion by the administration of homoeopathic remedies to prevent, not only cure, illness.

The modern founder of homoeopathy was a German doctor, Samuel Hahnemann (1755 - 1843) although there are accounts of the use of homoeopathic principles to treat the sick in much older writings: Hippocrates (he of the 'Hippocratic Oath') in the 4<sup>th</sup> / 5<sup>th</sup> century BC considered the use of substances that treated 'like with like'.

Here is the essence of homoeopathy: it approaches the treatment of people, and of animals, by giving a sick person a substance in minute doses that, if given in larger doses to a healthy person, would bring about the symptoms that are being treated. Symptoms of interest to the homoeopath are not only physical, however: mental, emotional and spiritual dis-ease are valid indicators to a remedy, and, in a classical approach, can be of more importance in treating a sick person than the physical presentation.

# Introduction

Remedies are prepared from many substances: vegetable, mineral, animal, and increasingly from 'imponderables' such as colours, or moonlight (see *Luna*). There are currently in excess of three thousand acknowledged remedies in the homoeopathic pharmacopoeia - more remedies are added each year. A remedy's picture is discovered through a process of 'proving' - Samuel Hahnemann conducted the first proving with Peruvian bark (homoeopathic *China Officinalis*) by giving it to himself and observing the effects he experienced (he developed malaria-like symptoms even though he was in good health). The proving process has been refined and systematised so that an effective appraisal of a substance's actions on the human system (physical, mental, emotional, spiritual) can be built up. Jeremy Sherr<sup>1</sup> has written in recent times probably the definitive guide to the process of conducting a Hahnemanian proving.

Remedy pictures are also sometimes discovered accidentally (through poisonings, for example) or through meditative reflection, either by individuals or in groups. The UK *Guild of Homoeopaths* was active in the conduct of meditative provings for some years from the 1970's onwards and they, along with other meditative groups, were responsible for the introduction to homoeopathy of some well-known remedies: Oak, Emerald, Rose Quartz, Sea Holly (*Eryngium Maritimum*), Ayahuasca, Mistletoe (*Viscum Album*), Sycamore Seed, Earthworm (*Lumbricus Terrestris*) ...

# Introduction

and many others! These remedies are to be found in Madeleine Evans' insightful *materia medica* entitled *Meditative Provings*.<sup>2</sup>

The purpose of this book (as with its sister volume *Remedy Notes*) is to introduce in an accessible way both for practitioners of homoeopathy and for the general reader the key aspects of some of the most commonly used or important remedies of homoeopathic treatment. Remedy pictures are never exhaustive: they are dynamic substances, much as we are dynamic organisms, and their action on an individual may change according to that person's individual and social experience. We are constantly adding to the remedy pictures even of the substances which we use frequently in homoeopathic practice.

The *potency* of a substance may also affect its action: homoeopathic remedies are produced through a system of *dilution* and *succussion* to give them their potency. The greater a dilution, the more powerful the potency (this is the magical paradox of homoeopathy!). The decision on what potency to administer depends on factors including the general presentation of complaints, the relative importance of mental or physical symptoms, the resilience of the patient, and whether an acute illness or a constitutional picture is being dealt with.

Sherr, Jeremy: *The Dynamics and Methodology of Homoeopathic Provings*, Dynamis Books 1994. Evans, Madeleine: *Meditative Provings*, The Rose Press 2000.

# Introduction

Remedies are readily available in lower potencies, up to 30c; these are generally useful potencies for acute cases and so are helpful for first aid prescribing. Other prescriptions should be administered by a trained homoeopath.

This book seeks to empower both practitioners and those taking remedies through knowledge. The repertories and *materia medica* used in professional practice can be time-consuming and overwhelming in their level of detail; in this book modern references and an unorthodox but lively presentation are used to help the reader to commit to memory the major aspects of the remedy. Any references to famous persons are merely illustrative and indicate an aspect of their public *persona* only. All such references are made with the best of intentions, and no disparagement is intended.

This is a book from which to learn, to be empowered and, most of all, to enjoy!

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