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Fundamentals of Homeotherapeutics

PART I

By

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FUNDAMENTALS OF HOMEOTHERAPEUTICS

PART I

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Man has always expended a large portion of his time, effort and resources in the search for those methods by which he can assure the health of the mass and the individual by preventive means and when ill to hasten and facilitate the individual's recovery.

A multitude of "pathies" and methods founded on fear, belief and more or less "scientific principles" have made their appearance, gained transient acceptance, and usually been abandoned often to reappear in the future under some other name or description.

Hippocrates first suggested that superimposition of a similar illness upon an existing pathological process might in some way assist the body to recover from the first existing disease. Paracelsus and Stoerck expressed a similar thought. In 1796 Hahnemann proposed a methodology of therapeutics based on the Principle of Similars.

From these concepts has evolved a scientifically oriented methodology which, when consistently and precisely applied has proven itself to be effective in a significant proportion of cases in which it has been employed according to prescribed standards. As in the case of every therapeutic method the objective of this methodology is the selection of the most effective therapeutic agent in the least time.

The ensuing catechism provides a brief outline of the concepts of health, disease and recovery which are consistent with the methodology of Homeotherapeutics as it employs the Principle of Similars.

1. *Define Homeotherapeutics*

Homeotherapeutics is a methodology employed in the maintenance or restoration of health which is based on the Principle of Similars: Similia Similibus Curantur.

2. *What is the place of Homeotherapeutics in the medical-surgical community?*

It is a specialty in the field of medicine applicable in those disorders which do not require definitive therapy of some other nature such as surgery and specialized care. Even in these cases it may serve as a useful adjunct to hasten recovery.

3. *What is the Principle of Similars?*

This concept is that disorders of the organism:

- (a) are characterized by the appearance of certain symptoms;
- (b) that introduction of a similar disease with a similar symptom complex may stimulate the process of homeostasis leading to recovery from the first disease;
- (c) that introduction of a drug-induced iatrogenic disorder of controlled degree in similar manner may actuate the homeostatic process with return to normal health.

4. *What is homeostasis?*

Homeostasis is a property of the living organism which operates to maintain a state of health and which, when sickness does occur, makes the major contribution toward recovery. All organ systems are integrated by automatic adjustments to keep within narrow limits disturbances excited by or indirectly resulting from changes in the surroundings of the organism. Ecology is the study of the environmental relations of organisms.

5. *Is homeostasis essential to maintenance of health and recovery from illness?*

Yes. The entire process of life, maintenance of health, recovery from illness and adaptation to environment — ecology — depends on the ability of the regulating mechanism to maintain its homeostatic ability.

6. *What is the basis for this concept?*

Medicine in general or in special fields consists of a study of similars; i.e., a comparison and tabulation or statistical analysis of similar states. Grouping of symptoms into a

complex supported by consistent physical findings and related laboratory data leads to a diagnostic entity when compared with similar diagnostic entities and data obtained from similar studies.

7. *How is the physiological process influenced by stimuli?*

Rudolph Arndt (1835-1900) stated certain concepts of physiology:

1. Weak stimuli excite physiological action.
2. Moderate stimuli favor it.
3. Strong stimuli retard the action or abolish it altogether.

These concepts, when applied by Schultz to the effects of drug administration, became known as the Arndt-Schultz Law.

8. *How does this law apply to the use of drugs?*

Medicine in general makes use of the middle area of drug action; i.e., the physiological or pharmacological effect. Homeotherapeutics employs the minimum dose, i.e., follows the rule that weak stimuli tend to excite or actuate biological reaction, with resultant intensification of homeostasis.

9. *What happens when the drug is administered in the minimum dose according to the Principle of Similars?*

Briefly, the irritable fibers of the nervous system at the point of entry appreciate the presence of the drug from a momentary contact as a result of which impulses are set in motion which are transported over and through the nervous system to involve the entire organism. These mechanisms are pre-programmed, their patterns having been well established as a result of millennia of evolution, and require only initiation to realize their potential. Thus, this concept of Similia teaches that, as a pharmacotherapeutic effort to aid in the recovery of health, an iatrogenic illness is superimposed upon that of a spontaneous, idiopathic order provided only that the pathogeneses of the two illnesses be intensely similar both in the general and in the particular.

10. *What are the fundamental principles of Homeotherapeutics?*

- A. Disease is manifested by symptoms.
- B. Knowledge of the biological response to contact with drugs must be obtained by experimentation on the normal human body.
- C. The therapeutic application of this principle depends on introduction of a similar, but controlled, iatrogenic illness by contact with the drug.
- D. The selected drug should be administered alone and uncombined; the single remedy.

11. *What basic knowledge must the physician possess?*

- A. The objective of treatment is restoration of normal health in a prompt, mild and permanent manner with avoidance of iatrogenic side effects.
- B. He must be able to recognize this patient's body in health and disease.
- C. He must try to determine whether the disease process is reversible.
- D. He must know what particular therapeutic modality may assist recovery.
- E. He must know the probable nature of this body's reaction to the medicine he employs.
- F. He must be able to recognize idiosyncrasy or iatrogenic symptoms as they appear.
- G. He must recognize whether intensification of symptoms is favorable reaction to the drug or to increased severity of the disease, or due to the appearance of iatrogenic illness.
- H. Concerning the specific drug, he must know the precise indications for the drug, the optimum dose of this drug, the effective duration of its effect, when it is time to repeat the same drug, when to stop it, and when to change to another drug.

12. *Is diagnosis of the disease essential to accurate and effective prescribing?*

A thorough case history supported by relevant and essential laboratory findings is essential in every properly managed case. Diagnosis, though not required for accurate prescription by the homeotherapeutic technique, is indicated however for determination of the probable response to treatment and to justify the use of this method.

13. *Are physical examinations, laboratory, X-ray and other diagnostic procedures employed in Homeotherapeutics?*

Every patient should have a complete physical examination and adequate supporting diagnostic studies including laboratory and X-ray tests before employing homeotherapeutics.

14. *What are the three essentials of the homeotherapeutic prescription?*

- A. Prescribing according to the Law of Similars.
- B. Administering the smallest dose that will actuate homeostasis.
- C. The drug should not be repeated as long as improvement continues.

15. *What is the only indication for the selection of a drug?*

The totality of the symptoms found in a given case.

16. *What do we mean by totality of the symptoms?*

The totality of the symptoms consists of all the symptoms observed in a patient — both subjective and objective. It is the outwardly reflected image of the diseased state, and is the only condition to be recognized for removal of pathology and consequent restoration to health.

17. *In the totality of symptoms are they all of like importance?*

They are not. Symptoms common to various disease processes or drugs, e.g., nausea, pain, fever, cough, are of little value in prescribing by the Principle of Similars. The most prom-

inent, uncommon, rare, strange, peculiar or mental symptoms of the case should bear the closest similitude to the symptoms characteristic of the drug. A general symptom — one which involves the patient as a whole — may be a significant guide to the best indicated drug.

18. *As a general rule, which symptoms take precedence in the selection of a drug and in determining improvement?*

The mental symptoms and those that have appeared last. Incipient improvement is indicated by increased comfort, greater tranquillity and ease of mind, and also disappearance, first, of the more recently developed symptoms.

19. *How are the therapeutic indications for each drug discovered?*

Medical case histories of accidental poisoning, suicide, iatrogenic illness or idiosyncrasy provide much useful information. The only reliable and accurate information of drug characteristics or "pictures," however, is obtained by purposeful experimentation on healthy human beings. Toxicological and physiological effects represent course drug action which do not provide the precise information supplied by use of the attenuated dose in human experimentation.

20. *What technique is used in this experimentation?*

The so-called double blind method in which neither the person taking the drug or placebo nor the person administering the experiment is aware of the drug being studied until all symptoms of iatrogenic reaction or idiosyncrasy are tabulated. The list of symptoms produced and accurately described as consistently occurring form the therapeutic picture of the drug.

21. *Of what significance is an increase in severity of symptoms following administration of the minimum dose of the indicated drug?*

Intensification of any or all symptoms frequently occurs early in the course of re-

covery. It indicates that the irritable nerve fibers have responded to the presence of the drug and that the process of homeostasis is commencing as a result of this contact. It further indicates that the selection of the drug has been made correctly.

22. *What is the significance of a recurrence of symptoms which the patient had experienced days — weeks — or months before this illness?*

This is a further indication of the proper selection of the therapeutic agent.

23. *What is the usual sequence of recovery?*

Hering stated that recovery following the administration of the therapeutic agent according to this principle proceeds as follows:

- A. From above downward; i.e., from the mental and emotional symptoms down through the physical body, from the head to the feet.
- B. From within outward; i.e., symptoms which are due to changes in the internal organs are likely to disappear first.
- C. In the inverse order of the appearance of symptoms; i.e., symptoms which have been noticed more recently may first disappear followed by recovery from those symptoms which had been disturbing the patient at an earlier time.

24. *What is the homeo materia medica?*

It is a compilation of facts and symptoms characteristic of these particular drugs when applied therapeutically in attenuated form.

25. *What is the homeo pharmacopoeia?*

This is a book which specifies procedure for preparation and standardization of drugs according to a precise formula for the most effective use according to the Principle of Similars.

26. *What different agents are employed and what are the sources of these drugs?*

- A. Mineral;
- B. Botanical, including herbs, trees, flowers, roots, tubers, bark, etc.;

C. Animal products, venoms from snakes, spiders, bees; etc.;

D. Nosodes which are obtained from diseased animal products such as furuncles, carbuncles, tumors, nasal or intestinal secretions.

27. *How is the drug identified in a homeotherapeutic agent?*

It may or may not be possible to detect the presence of a drug in an attenuation below the 12X dilution. Above the 12X dilution, it is usually impossible to detect the presence of the drug by present day chemical or pharmacological techniques.

28. *Is there not a pharmacological effect resulting from the administration of homeo preparations? If not, then what does occur?*

None whatsoever. There would be a reaction on the part of the patient under certain specific conditions and only then. The conditions are that there be a relationship best described by the word Similia between the pathogenesis exhibited by the patient and the pathogenesis which has been established as a result of research experimentation on the drug.

29. *What are some of the nosodes which are used?*

Tuberculinum, morbillinum, variolinum, psorinum, proteus, dysentery, lyssin.

30. *What are some of the venoms which are employed?*

Lachesis, Crotalus, Vipera, Tarentula.

SUMMARY

Homeotherapeutics, when employed precisely in accordance with the Principle of Similars, possesses certain definite advantages over many other methods in the control and alleviation of disorders which are amenable to its application.

1. It will at times prevent disease.

2. Once initiated, the process of recovery is usually progressive, automatic and uncomplicated, may even be abortive. When complicated or phasic a second or even third prescription may be called for. In such instances a greater skill, experience with and expertise in the methodology is necessary.

3. Relapse is unusual.

4. Suppression of symptoms with subsequent appearance of other illnesses may be avoided.

5. The necessity for frequent use of antibiotics and toxic chemotherapeutic agents is minimized.

6. Disorders for which no specific medication exists often respond well to homeotherapeutic agents.

7. The dosage is minimal.

8. Sensitivity reactions or iatrogenic diseases due to drug administration seldom occur.

9. Toxic manifestation and severe iatrogenic effects are extremely rare.

10. Fatal poisoning is unheard of.

11. Expense is minimal.

Part II provides more detailed information regarding the technique of history taking and drug selection.

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Dear Doctor:

We are happy to enclose a copy of "Fundamentals of Homeotherapeutics" by Wyrth Post Baker, M.D., F.A.C.P., Past President of the oldest national medical association in America, the American Institute of Homeopathy.

Additional material, including the following, will be sent to you periodically:

Announcement of the Postgraduate School for Physicians in Homoeopathy

Brochure of the American Foundation for Homoeopathy

"Homoeopathic Medicine", by Harris L. Coulter, Ph.D.

We look forward to the privilege of answering your questions, and appreciate this opportunity to tell you about this therapy which seeks to correct the cause rather than just to eliminate the symptoms in the case, and for which the demand far exceeds the available prescribers today.

Sincerely,

Harold L. Trexler M.D.
Harold L. Trexler, M.D.
President

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Encl: "Fundamentals of Homeotherapeutics"