Luc De Schepper
Achieving and Maintaining the Simillimum

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Chapter 1

Similar and Dissimilar Diseases

First Principle: Like Cures Like or Similars Cure Similars. Ignored by Most Homeopaths?

It might seem strange that in order to explain potency and dose choice, we need to introduce the very first principle of homeopathy: Like cures like. Does every homoeopath know this? Why bring this up in an advanced textbook? Please bear with me and everything will become crystal clear.

Hahnemann lived in a time when Western medicine as a whole had renounced the validity of the teachings of its founder, the classical Greek physician Hippocrates. Hahnemann's contemporaries saw the body as a chemical-mechanical machine functioning according to material laws, independent of the mind. According to that modern medical model, tailored to Grab's Anatomy, you could understand everything you needed to know about mankind by studying the body's parts. Hence, anything related to the mind or spirit was forgotten, denounced or referred to a religious counselor if you believed in such things.

One of the world's most creative geniuses, Hahnemann was definitely an exceptional scientist - 200 years ahead of his time. He established his new medical system on the basis of certain natural laws, completing within his life span an unheard of and so far unparalleled feat. The science of homeopathy sets forth major principles that act as the foundation of its philosophy as well as a guide to its proper practice. These grand maxims are the golden rule that sets homeopathy apart from the Old School, as we call the conventional medical system even today.

Hahnemann recognized that in a state of health the Vital Force (VF) maintains homeostasis in the body, while in a disease state it becomes confused, mistuned by negative influences, which it cannot comprehend. Unfortunately, a disease state can have many varied sources: natural, emotional, and yes, man-made origins, which are often the most difficult to combat. Five thousand years ago, this was nothing new to the Chinese who grouped the disease states, which can mistune the Qi or VF, into internal disease factors, external factors, and non-internal/non-external factors. Internal triggers referred to the Seven Emotions: anger, joy, worry, grief, melancholy, fear, and terror. External factors or the Six Pernicious Qi were related to climate: dampness, wind, cold, dryness, fire, and summer heat. In addition to these enemies, the ancient
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Chinese identified non-internal/non-external factors: diet/lifestyle, injuries, poisons, and drugs. In its 200-year existence, homeopathy has proven superior to both allopathy and acupuncture in dealing with these groups of aggressors to the VF.

Hahnemann came to this conclusion while translating a medical text, Cullen’s Materia Medica, in which he was struck by an explanation of why Peruvian bark or Chincona officinalis (China) was deemed useful in the treatment of fever in malaria. We all know the rest of the story. Hahnemann decided to try Peruvian bark on himself, and after several doses, began to experience symptoms of malaria similar to those for which quinine was the remedy. When he stopped taking the medicine, the symptoms disappeared. This experiment was to Hahnemann what the falling apple was to Newton.

Thereafter, he experimented with more than 100 other substances on himself. He experimented on willing colleagues and family members and always came to the same conclusion: a substance can cure what it can induce. This first tenet, exemplified by testing the medicines on ourselves first as caring physicians, should be our highest principle. How can one possibly justify testing drugs on patients whose vitality is already severely diminished or on innocent animals, who are incapable of providing the scientist with the most important and earliest manifestations of a drug: the mental and emotional changes it provokes. So far, I don’t think any practicing homeopath thinks he is not doing exactly what Hahnemann outlined in his masterpiece, the Organon. Yet, as we investigate this sacred principle in more detail, we find out that most homeopaths, consciously or unconsciously, neglect this first principle.

A Closer Look at the First Law: Like Cures Like

What does like cures like mean? What is the action of the homeopathic remedy? How does it cure? Every homeopath should be able to answer these questions without hesitation, as long as he is acquainted with Hahnemann’s Organon.
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Hahnemann gives us the answers to these questions in Aphorisms 12-27 of the *Organon* in which he says that "the curative power of a homeopathic remedy is based on symptom similarity of the potentized remedy, which creates a disorder stronger than the natural disease" (Aphorisms 26-27). What a contradiction: creating a stronger disease to cure an illness! These words often lead the uninformed practitioner and patient to the conclusion that indeed, "one must get sicker before expecting recovery."

Any disease that is not exclusively a surgical case consists of a particular pathological, dynamic untunement of feelings and functions in our vital force (vital principle).

So in homeopathic cure this vital principle, which has been dynamically untuned by natural disease, is taken over by a similar and somewhat stronger artificial disease, through the administration of a potentized medicine that has been accurately chosen for the similarity of its symptoms.

Consequently the (weaker) natural dynamic disease is extinguished and disappears; from then on it no longer exists for the vital principle, which is controlled and occupied only by the stronger artificial disease; this in turn presently wanes (author's note: *in other words it can only stay "alive" for so long - we will see later what this means*) so that the patient is left free and cured. Thus delivered, the dynamis can again maintain the organism in health.

We glimpse the basis for vaccinations and allergy shots in this first principle. Alas, in its use of these preventive and therapeutic methods, allopathy sins against the rest of the homeopathic principles, as we will discover. We can say that the homeopathic remedy is a *subtle inoculation* with an artificial disease that replaces the fuzzy image of the natural disease with the clear image of the remedy. The human body is more easily controlled by the power of the remedies than by a natural disease because the homeopath can adjust the amount of the dose and the level of potency. A natural disease strikes according to the susceptibility of the constitution (Aphorism 73 explains this further, see Chapter 11), whereas a homeopathic remedy can be proven on anyone.

To further understand the action of a homeopathic remedy, one has to analyze the two laws of nature concerning dissimilar and similar diseases.
Dissimilar Diseases

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The creation of a dissimilar disease is the tenet and goal of allopathic cure. However, the word cure is today frequently replaced by the more prudent expression, control. In allopathy, doctors control diseases and have largely given up on the idea of curing them, except for occasional claims, which in the long run turn out to be unfounded. Hahnemann in his wisdom projected this thought:

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... that not even nature can cure an existing disease with a new dissimilar unhomoeopathic one even if it is stronger and ... that medicines, however powerful, will never truly cure any disease if they are used unhomoeopathically. (Author's emphasis added.)

Today, more than ever, Hahnemann's words ring true, especially since such strong antipathic medicines are used. Imagine saying to allopathic doctors: "You cannot cure chronic disease." They would bristle at such thought and consider you an uninformed fool! Alas, Nature's laws, so well observed by Hahnemann, are apparently little taught in medical schools, to the detriment of our allopathic therapeutic approaches. It would be sufficient to teach this chapter and the next to the medical profession, and their whole world would be turned upside down. Looking on the bright side, it would be the beginning of true cures, something allopathic physicians can only dream of. So, let's examine what else Hahnemann had to say about all this.

In the following aphorisms, Hahnemann explains what happens in Nature when two dissimilar natural diseases encounter each other in a patient. This is the same as when ordinary, unsuitable (because they cannot, unless by pure chance, produce an artificial disease similar to the disease to be cured) allopathic drugs are used on a patient with intent to cure a disease. Allopathic treatment cannot be more dissimilar since the selected allopathic drug is based on the principle, "the contrary cures the contrary or contraria contraniis," introduced by Galen. We are talking here about true, intentionally created dissimilarity!

_Three_ possible reactions exist when two dissimilar diseases (or a natural disease and an allopathic drug) meet each other:

1. _The_ stronger disease repels the weak one (Aphorism 36).
2. The new disease suspends the old one (Aphorism 38).
3» A complex disease forms (Aphorism 40),
Chapter 12

The Second Prescription - Different Scenarios for the Second and Subsequent Prescriptions in the Management of Chronic Disease

Introduction: Aggravations and Natural Healing Reaction

Twelve different scenarios will be discussed in this chapter. For each scenario, various possible answers are considered, as they would be by the practicing homeopath. In other words, the first option mentioned in this text for a scenario is the first question the consulting homeopath must ponder. Often Kent has only one possible explanation, whereas here, several different options are proposed. Not every scenario fits those described in Lecture XXXVI in Lectures on Homeopathic Philosophy. When you read Vithoulkas’ book, The Science of Homeopathy, scenarios very similar to Kent’s are discussed in the chapter, Evaluation of the Patient, which shows that even such an eminent homeopath as Vithoulkas remains largely ignorant of the 5th/6th editions of the Organon. Just like Kent, most of Vithoulkas’ scenarios are followed with the therapeutic advice, “Wait and watch!”

Before describing the different scenarios, and in order to be able to manage chronic diseases, I must first define similar and dissimilar aggravation, healing reaction, and accessory symptoms. Accessory symptoms have been extensively discussed in Chapter 7.

The first dose of any homeopathic remedy should be a single-unit test dose. No one can assess the constitutional sensitivity (see Addendum, pp. 51-53) of each patient perfectly every time. A single-unit test dose allows the homeopath to observe reactions to the remedy very carefully so as to judge the correctness of the remedy, the size of the dose, the number of succussions, and the potency. After administering the first test dose, questions related to the different aggravations, accessory symptoms, and natural healing reactions are posed. Was it the right remedy or the wrong one? Did symptoms related to the remedy appear? Are old symptoms coming back? In order to answer these questions correctly, let’s begin by defining similar and dissimilar aggravations and the natural healing reaction.

What is a similar aggravation? As discussed in the chapters on the 4th, 5th and 6th editions of the Organon, the apparent “amplification” of the existing natural disease symptoms is nothing but an expression of the stronger similar, artificial medicinal disease, not an aggravation of the patient’s natural disease. An aggravation of the
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patient’s natural disease can occur if treatment is inadequate and the natural disease is allowed to progress over time. A 4th edition prescriber desires to see a similar aggravation. It will be less intense with the 5th edition homeopath, and minimal, lasting a few hours at most, with the 6th edition practitioner. In fact, the latter see this aggravation more in acute than in chronic diseases. In chronic diseases skillful 6th edition homeopath desires to avoid similar aggravations.

A157... It is nevertheless usual (but only when the dose is not appropriately attenuated) for it to effect some small aggravation in the first hour or first few hours after it is taken and for several hours if the dose is rather too large. This aggravation is so similar to the original disease that to the patient it appears to be an aggravation of his own complaint. In fact, it is a highly similar medicinal disease, somewhat stronger than the original complaint.

A161 When I say that the so-called homeopathic aggravation, or rather the primary action of the homeopathic medicine, which appears to increase somewhat the symptoms of the original disease, takes place in the first hour or the first few hours, this is certainly true in more acute troubles of recent onset; but when long-acting medicines are to overcome an old or very old chronic disease, none of these apparent exacerbations of the original disease should be allowed to take place during the treatment. ...

Most similar aggravations caused by the primary action of the remedy are dangerous and in these circumstances it is best to wait and watch. The curative secondary response of the remedy should follow within a reasonable amount of time. Giving a random number of pills (the OOPS method) of a higher potency causes most prolonged similar aggravations and should be avoided at all cost. Its excessive primary action suppresses the secondary response of the Vital Force (VF) and displays the medicinal symptoms of the remedy. Chapters 1 and 2 discussed how such excessive dose could cause a medicinal disease, grafting the symptoms of the remedy onto the natural disease. Causing a similar aggravation points to the correct remedy administered in too high a dose and/or potency. Obviously, the next dose will have to be given at the appropriate time (when the aggravation is over and no progress is seen), but this time in a lower potency, and/or with fewer succussions, or a smaller dose given less frequently. You still give the remedy according to Aphorism 246 - repeated at a judiciously chosen interval.

In the case of a dissimilar aggravation, new and troublesome symptoms, not belonging to the disease being treated, will appear. This is an expression of a wrong remedy. The mental state, general vitality and health of the patient worsen and the complaint does not improve. If the dissimilar aggravation is dangerous to the patient cancel the remedy immediately with camphor or the corresponding dynamic
dote to the remedy. Choose the antidotal remedy which has the closest symptomatology to the symptoms experienced by the individual, as it will quickly calm the situation. If the dissimilar aggravation is not dangerous, it is time to retake the case, which will now combine the natural and medicinal symptoms; use them to choose the corrective remedy. The homeopath must watch the symptoms develop carefully until sure that the new image points clearly to a remedy that will regularize the VF and move the case forward. Haste in prescribing in such cases brings only more confusion. (For further discussion concerning a dangerous aggravation, see Part 3, pp. 223-224).

A249 Any medicine that during its action brings about new and perhaps troublesome symptoms not characteristic of the case cannot effect a real improvement and should not be considered to have been chosen homeopathically. If the aggravation is serious, it must be somewhat reduced by an antidote as soon as possible before one gives the next remedy more accurately chosen for the similarity of its action. But if the adverse symptoms are not too violent, the correctly chosen remedy must be given immediately to replace the incorrectly chosen one.

This does not mean that a wrong remedy will automatically cause new symptoms in the patient. It will depend on the individual - sensitive people will react like provers and produce many symptoms of every remedy they take. When the dose was given in a proper small amount in a conservative potency, a wrong remedy often has no effect on the average patient. Remember Aphorism 276 where Hahnemann explains that a homeopathically correct remedy in too large a dose does much more damage to the patient’s VF than an equally large dose of a remedy that is allopathic to the disease! This is of course related to the heightened sensitivity of the diseased organism to the correctly chosen homeopathic remedy.

A natural healing reaction is controlled by the curative, secondary action of the VF while a homeopathic aggravation is caused by the primary action of the remedy. Therefore, such a natural crisis is neither overly prolonged nor dangerous to the health of the patient. A true and natural healing crisis produces the return of old symptoms (Hering’s Set of Observations) and suppressed disease signs, as well as surrogate discharges (see Scenario #12). A natural healing crisis is always followed by a greater sense of health and increased vitality. If the return of old symptoms is prolonged or more intense than the original complaint, this is a sign of a similar homeopathic aggravation. It is a sign that the initial dose was too large, the potency too high, or the remedy repeated too early. It is very important for the homeopath not to confuse aggravations with a healing reaction, as is often done. Most aggravations that start during the beginning of the treatment are aggravations, not healing reactions!

An excellent list of antidotes to remedies can be found in Remedy Relationships by Thomas Blasig and Peter Vint.
Chapter 13

[Complementary Remedies and Remedies That Follow Well - Compatible Remedies]

"Shortcut" After the First Simillimum

After a first successful prescription of a certain remedy, complementary remedies and/or "remedies that follow well" can often guide the homeopath to the next logical step in his treatment plan. Often, the simillimum can only go so far, and it actually needs a second remedy, its complement, to finish the case. A remedy that follows well is not the same as a complementary remedy, but it often has the same effect. Complementary remedies have a much more intimate relationship to each other than remedies that follow well. Complementary remedies usually have a certain similarity; their basic action must be in a similar direction, yet they are not so closely similar as to be presumably antidotal in action (inimical remedies). The rule is clear: when a remedy has worked well and has done all it can, new symptoms will appear, indicating the need for a new remedy. At this point, you can save a lot of time by looking up the complementary remedies and remedies that follow well. The "shortcut" is only successful when the next remedy is indicated!

Nowhere is this list of complementary remedies to be applied mechanically (is anything in homeopathy applied mechanically?), but certainly, it has to be foremost in your mind during the course of treatment. You may not have narrowed down the possibilities to one, but by checking a book like Remedy Relationships, you may be able to select from among five remedies instead of selecting from among 3000!

Of course, in considering the complementary relationship, you must also consider the provings and their similarities to the complementary remedy, aside from the symptomatology of the sick individual. And you must take into consideration your patient's symptoms before selecting a remedy from among several indicated remedies that may be complementary in that individual case. For example, you don't automatically give Belladonna acutely to a Calcarea carbonicum patient. In some cases, you may need to consider a deeper acting complement like Lycopodium. If the patient has

An excellent booklet about these related remedies is titled Remedy Relationships, by Thomas Blasig and Peter Vint of the Hahnemann Institute. This booklet is more complete than the section found in the back of Kent's Repertory of Homeopathic Materia Medica.

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a sore throat, you need to investigate both *Belladonna* and *Lycopodium*. Always remember that the proper selection of the succeeding remedy will determine the patient’s welfare and speed of recovery.

There are many different opinions about remedy relationships, especially as to compatibility of drugs, and perhaps no definite standard has been set up whereby we may judge them with any degree of assurance. You need to carefully study the remedies and take into consideration the sage advice of Old Masters. For example, Hering said that we should never open a chronic case with *Lycopodium* unless it is overwhelmingly indicated. The compatibility of remedies is based upon several factors:

- The similarity (and the degree of similarity) of the remedies.
- The characteristic symptoms of the patient and the degree to which they are present and call for a certain remedy.
- Whether any remedy at all is indicated to follow one already given.

Of course, this matter hinges largely upon the choice of our first prescription:

- Was the initial remedy truly indicated? You don't consider it the first prescription if it was unsuccessful.
- How much reaction resulted?
- How far has the patient progressed on that remedy?
- What are the personal reactions or idiosyncrasies of the patient as reflected in the symptoms produced?

The clinical picture and knowledge of the materia medica and homeopathic philosophy must have priority when selecting a homeopathic remedy. At this point, we must be wary of becoming lazy, routine, "shot-gun" prescribers, a tendency strongly deplored by Hahnemann and Kent.

**Why Do Remedies Complement Each Other?**

- **Acute exacerbation of the chronic state** - In managing a chronic disease that conforms to an acute exacerbation of the illness, it is worth knowing the chronic form of the indicated acute remedy, because often it was the indicated chronic remedy for that case all along. Once the acute phase has passed, the complementary chronic remedy should be given to prevent another acute exacerbation just experienced by the patient. Take for example a child who has recurrent ear infections that respond to *Belladonna* each time. *Calcarea carbonicum*, in high potency, will often prevent recurrence of further incidents. A woman's
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