

Homeopathy

Homeopathy, also known as homeopathic medicine, is a medical system that was developed in Germany more than 200 years ago. It is based on two unconventional theories:

- ❖ “Like cure like” – the notion that a disease can be cured by a substance that produces similar symptoms in healthy people;
- ❖ “Law of minimum dose” – the notion that the lower the dose of the medication, the greater its effectiveness. Many homeopathic products are so diluted that no molecules of the original substance remain.

Homeopathy is a safe, gentle, and natural system of healing that works with your body to relieve symptoms, restore itself, and improve your overall health. It is extremely safe to use, even with very small children and pets, has none of the side effects of many traditional medications, is very affordable, is made from natural substances.

Homeopathic products come from plants (such as red onion, arnica, poison ivy, belladonna, and stinging nettle), minerals (such as white arsenic), or animals (such as crushed whole bees). Homeopathic products are often made as sugar pellets to be placed under the tongue; they may also be in other forms, such as ointments, gels, drops, creams, and tablets. Treatments are “individualized” or tailored to each person – it is common for different people with the same condition to receive different treatments.

Homeopathy is used to treat acute illnesses, like colds, ear infections, migraines, and sore throats, as well as chronic conditions, like asthma, depression, autism and arthritis. One thing to note is that the word homeopathy is not a general or “umbrella” term that describes a variety of different natural therapies. Although homeopathic remedies are derived from natural substances, homeopathy should not be confused with herbal medicine, Chinese medicine, or other types of natural medicines. It is its own, unique therapeutic system. Anyone can learn to treat simple conditions safely at home using homeopathy, but a professional should treat serious or life-threatening conditions.

What does the science say about the effectiveness of homeopathy?

Homeopathy is a controversial topic. A number of its key concepts do not agree with fundamental scientific concepts. For example, it is not possible to explain in scientific terms how a product containing little or no active ingredient can have

any effect. This creates major challenges to rigorous clinical investigations of such products. For example, researchers cannot confirm that an extremely dilute mixture contains what is listed on the label; nor have they been able to develop objective measures that show effects of extremely dilute products in the human body. Another research challenge is that homeopathic treatments are highly individualized, and there is no uniform prescribing standard for homeopathic practitioners. There are hundreds of different homeopathic remedies, which can be prescribed in a variety of different dilutions for thousands of symptoms.

What are combination remedies?

Some homeopathic products combine several different homeopathic medicines, each of which is known to be helpful for a certain condition, in the hope that the combination will contain the medicine needed by any individual with that condition. For example, a combination product for earaches might contain the five most frequently prescribed homeopathic remedies for earaches. These combination remedies are often safely and effectively used for simple acute conditions; however they do not constitute classical homeopathy.

Are homeopathic medicines safe?

Because of the minute doses used in homeopathy, the medicines labeled for internal use are non-toxic. When properly administered, the medicines are completely safe for everyone including pregnant women, newborns, children, and adults through the senior years. Many veterinarians use homeopathy in the treatment of animals. There are no known or suspected contraindications or drug interactions between homeopathic and conventional medications.

Where can homeopathic medicines purchased?

Most homeopathic medicines are available over-the-counter and can be purchased from natural food stores, many corner drug stores, or directly from the manufacturers or homeopathic pharmacies.

Are homeopathic medicines expensive?

Homeopathic medicines are less expensive than conventional medicines. Sometimes only a single dose of a medicine is needed to affect a return to health. These medicines have an extended shelf life and each may be used for several different conditions.

Who practices homeopathy?

Homeopathy is practiced by a wide variety of health-care practitioners including medical doctors, osteopaths, naturopathic physicians, nurse practitioners, physician assistants, dentists, veterinarians, acupuncturists, nurse midwives and professional homeopaths. Individual states regulate the practice of homeopathy, and each state's laws and requirements for practice are different.

What does the science say about safety and side effects of homeopathy?

While many homeopathic products are highly diluted, some products sold or labeled as homeopathic may not be; they can contain substantial amounts of active ingredients, which may cause side effects or drug interactions. Negative health effects from homeopathic products of this type have been reported. Using certain homeopathic products or replacing an effective conventional treatment with an ineffective homeopathic one can cause adverse effects, some of which may be serious. Liquid homeopathic products may contain alcohol. Also homeopathic practitioners expect some of their patients to experience "homeopathic aggravation" (a temporary worsening of existing symptoms after taking a homeopathic prescription). Researchers have not found much evidence of this reaction in clinical studies; however, research on homeopathic aggravation is scarce. That is why the patient must always discuss the changes in his symptoms with his health care provider.

According to the text what is your opinion about homeopathy.

Translate the paragraph "What does the science say about safety and side effects of homeopathy?"