

**HOMEOPATHIC CONCEPT OF DISEASE PATHOGENESIS AND THEIR  
MANAGEMENT USING INTERNAL MEDICINES: A REVIEW**Dr. Viplav Narendra Kavishwar\*<sup>1</sup> and Dr. Chandramohan Ramchandra Indapure<sup>2</sup><sup>1</sup>Professor & HOD, Department of Physiology Including Biochemistry, Panchsheel Homoeopathic Medical College, Khamgaon, India.<sup>2</sup>HOD & Associate Professor, Dept. of Surgery and Homoeopathic Therapeutics, GNR Homoeopathic Medical College, Solapur, Maharashtra, India.**\*Corresponding Author: Dr. Viplav Narendra Kavishwar**

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**ABSTRACT**

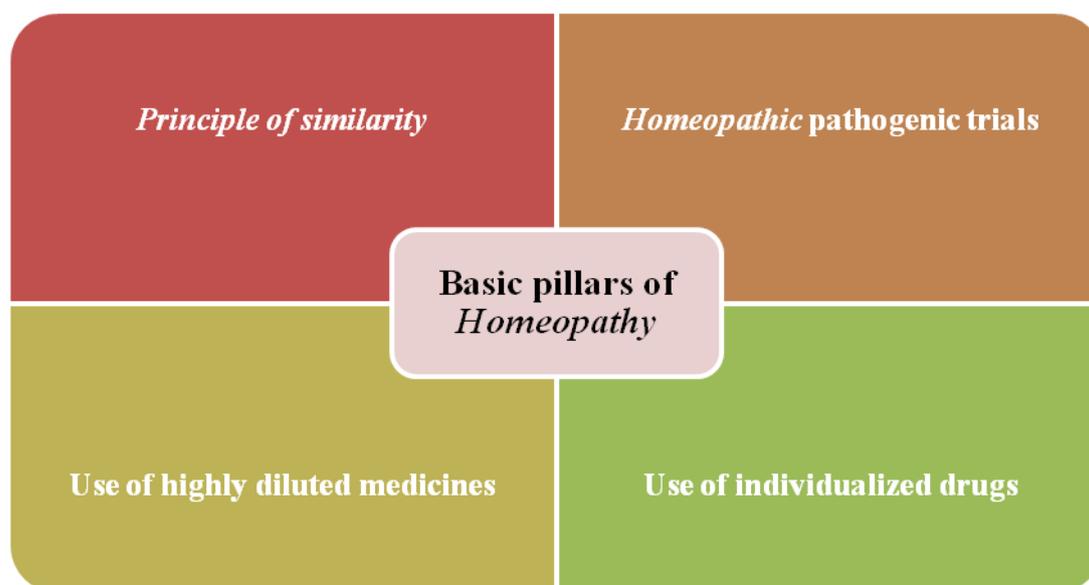
Most of the medical field based on the conventional therapeutics work on the “*Principle of contraria contrariis curantur*”. *Homeopathy* is the science which is developed by the Hahneman and is based on the principle of “*Similia similibus curantur*” i.e. *Law of similar*. It works on the concept of let likes be cured by likes. It requires administration of drugs which causes symptoms in healthy person similar to those in sick person. These drugs induce healing mechanism in the body so that it can work against its own disorders. We can also employ rebounding effect of conventional medicines in a curative way. This will help *Homeopathic* medicines to increase their spectrum of treatment and therapeutic utilities.

**KEYWORDS:** Homeopathy, Therapeutics, Disease, Pathogenesis, Medicine.**INTRODUCTION**

*Homeopathy* is an alternative medical science with history of around 200 years. Its ability to provide cure at low cost with broad scope makes it a developing specialty. Its focus is not just the physical health but it focuses on mental, emotional as well as behavioral health also. The main concept behind this emerging science is the constitution. Constitution can be defined as the inbuilt genetic qualities such as physiology, psychology which is received by the person through family and which develops during life depending on the past and present conditions. When a person is suffering from chronic disease, it affects the person not only physically but also emotionally, behaviorally and mentally. After long time, the body accepts this and adapts it as constitution. *Homeopathy's* main aim is to achieve the cure of a particular disease through elimination of symptoms as well as the effects of other previous treatments.

Every medical science has some assumptions on which they work; in the same manner *Homeopathy* considers the concept of vital force. All the processes on different levels such as mental, physical and emotional work through the vital forces. According to this, disease and the affected organ systems need to be taken together and should be counted along with individual as a whole. Thus it is considered that vital force affects the health and diseased state of the body.

Another concept which has important role in *Homeopathy* is the suppression of the disease. It implies that if we only treat the symptoms then the disease will only get suppressed, it will not be cured in complete form and afterwards it can appear again and that so in the worse form. Thus in *Homeopathy*, individual is assessed completely before starting the treatment and treatment is done by considering the individual as whole to cure the disease completely from the body. Other medical fields just focus on treating the various symptoms of the disease but *Homeopathy* work on each and every aspect and thinks holistically. *Homeopathic* treatment has four basic pillars depicted in **figure 1**.



**Figure 1: Basic pillars of Homeopathy.**

### **Advantages of Homeopathy**

*Homeopathy* is a science which provides treatment after considering all the aspects of the person. It provides the safe, effective and low cost treatment. When there is a case of infectious disease, *Homeopathic* medicines does not work only on micro-organisms but also on the whole body. Due to this aspect, such drugs are free from the microbial resistance. Highly diluted drugs are preferred and thus they do not cause harm to the body. Thus they can be easily used for the pregnant women, children, infants etc. Homeopathy has always dealt with the individualized approach which is the need of the hour. Drugs are administered easily and are palatable thus intake becomes easy. Most important aspect of Homeopathic drugs is that they do not cause addiction and patient can stop taking them as soon as the problem resolves.

### **Mode of action of Homeopathic drugs**

Every disease has some causative factor behind it and thus causation plays important role in *Homeopathy*. Before medical specialists focused on removing the cause and considered that this will remove the disease. But soon this concept got changed. According to *Homeopathy*, there is change in dynamic level much before the entrance of micro-organisms into the body. This dynamic change allows the foreign invaders to affect the body and bring changes in the vital forces known as *Miasms*. Thus for treatment, the dynamic change should be removed, vital forces should be restored.

### **Law of Similarity and Homeostasis**

“*Law of similar*” work on the basis of *Homeostasis*. *Homeostasis* is defined as the ability of body to maintain the balance when it experiences some disturbance. According to the laws of the nature, all matter and energy possess some energy. *Homeostatic* systems present in the nature are stable which always try to bring

equilibrium. State of the body depends on varying factors such as the emotional balance (joy, fear, sorrow, anger etc), mental state (calmness, irritation, intelligence and reasoning). All this are responsible for the change in vital forces. Maintenance of *Homeostasis* is the ability of all living beings to do the self regulation of a healthy body. This regulation is an important factor because if body is constantly balancing itself then it can also heal easily through its own mechanisms. Defense mechanism of the body is the important thing which helps in the healing of the body. According to the “*Mechanism of Homeostasis*”, our body has a system of defense mechanism which become active whenever body encounters a stimuli or when the body need control over the natural and healing processes. All the reactions in the body (cellular or at tissue, organ level) just after the embryo formation are the result of the *Homeostasis*. Since the very first day of the formation of life to the last day, our body tries to maintain the balance and health.

The preventive nature of body to monitor the changes is termed as primary and secondary action by *Dr. Hahneman*. Primary action is the effect which occurred in the body due to some external agent while secondary action is the body’s reaction to that particular effect. This can be co-related with the *Homeostasis* effect on which the *Homeopathic* drugs work. When we treat any disease with a drug, we keep in mind that this drug has opposite action to the particular existing symptoms. Now the body will take action against the effect of the drug and will increase the symptom and here comes the rebound effect into play. According to *Homeopathy*, immediate *Homeostatic* action of conventional treatments can give rise to more unrelated symptoms and will not cure the disease permanently. Thus they suggest giving a treatment which has action similar to the existing symptoms. Treatment action will produce similar symptoms slightly higher than natural disease so that weaker is extinguished by medicinal symptoms so that

only medicinal disease will remain which will get cured as action of medicine get over. Sometimes, *Homeopathic* treatment shows aggravation also where the symptoms get worse for little time and then body's reaction helps in subsiding them.

*Homeopathic* remedies can be prescribed for the viral conditions even before the confirm diagnosis as *Homeopathy* works on the *Principle of totality of the symptoms*. *Homeopathy* offers good treatment for several viral conditions such as cough, hepatitis, influenza etc. It has *Allium cepa*, *Belladonna*, *Phosphorous*, *Natrum mur* and many more medicines to treat viral diseases. To treat flu, drugs such as *Rhus tox*, *Gelsemium* etc can be used. *Aconite* can be given in fever conditions. *Homeopathic* medicines also has cure for many chronic viral diseases such as Herpes virus, warts etc. After chronic diseases to reduce their effects, *Homeopathy* offers many drugs to bring the individual to the normal healthy state. After influenza, drugs such as *China*, *Arsenicum*, *Gelsemium*, *Sulphur*, *Cadmium* etc are suggested. Some common drugs used to treat respiratory infections are *Kali carbonicum*, *Kali sulphuricum*, *Silica*, *Pulsatilla*, *Alumina* etc. Conventional medicines mostly treat bacterial infections through antibiotics but they are not always helpful as many times conditions of microbial resistance are reported.

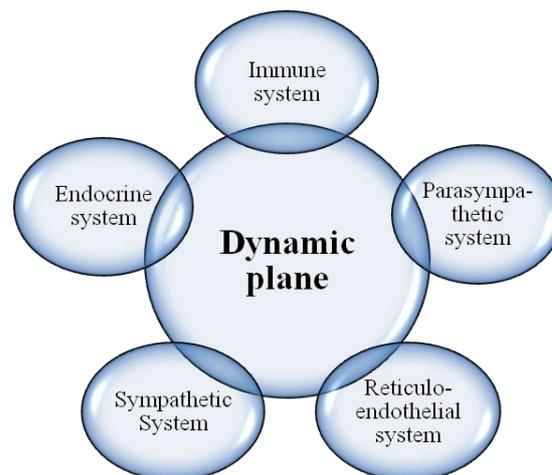
#### Defense mechanism of *Homeopathic* drugs

According to the *Arnold-schultz law*, small doses can stimulate the vital activities and toxic doses can kill the cells and can cause destruction. When the dose of the medicine is less strong, damaged cell produces a physiological action in the form of a symptom which will remove the natural disease and will correct the disease. The dose at which this action occurs is called as physiological attenuated doses. If the overall defense mechanism of the body is strong then body will be protected. Whenever body encounter an infection or a disease it is because of the defect in body's healing system. Body has many individualized defense systems which are linked to each other and work in an integrated way. Due to the continuous adaptive changes in the body and the evolution, body has found the several ways to fight against such diseases. Various conventional treatments, only treat symptoms but *Homeopathy* focuses on redeveloping and strengthening the immune system, healing system and physiological balance of the body. These processes provide the immunity to the diseases in future.

Immunity developed by body can be passed from one generation to another. *Homeopathy* has remedies which stimulate the healing system of the body to produce a reaction and cure the specific illness. For example *Ipecac* can be used to treat nausea and vomiting while *Belladonna* can be used to treat sleeplessness.

Vital force play important role in developing an ability of the body to adapt to specific conditions. Whenever body

encounters certain changes, either physiological or pathological, there is an alteration in the dynamic plane and this affects various systems mentioned in **figure 2**.



**Figure 2 – Relation of dynamic plane with various systems of the body.**

Its function is to fight against the progression of disease. For some of the common stimuli, our dynamic plane does not respond aggressively. Before the onset of any disease there occurs the latent period in which the body defense system start preparing itself for the protection.

#### CONCLUSION

Treatment in *Homeopathy* depends on the *Homeopathic* laws and concepts which consider the *Totality of symptoms*. It works on the *Principle of Similarity*. It is based on the symptoms not the disease. Such medicines are used whose primary action is similar to the symptoms of the disease which need to be treated. While selecting the medicine, potency, dosage, individualized concept should be taken care of. Nano-particles are found to initiate the *Homeostatic* action thus it can be said that *Homeopathic* medicines work on the levels at which the body's hormones and other agents work. Thus patient need less medicine, treatment does not cause any dependency over the medicine and healing occurs without any side-effects.

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