

Homeopathy - Homeopathic remedies act curatively by raising a person's general level of health and strengthening overall vitality.

Homeopathy is a system (art and science) of medicine that is based on the 'Law of Similars.' The truth of this law has been verified experimentally and clinically for the last 200 years.

For example, if a child accidentally ingests certain poisons, administration of Ipecac Syrup may be advised to induce vomiting. Ipecac is derived from the root of a South American plant called *Ipecacuanha*. The name, in the native language, means "the plant by the road which makes you throw up"; eating the plant causes vomiting. When a group of healthy volunteers took this substance to determine the effects of this drug, they found that the drug induced other symptoms as well: the mouth retained much saliva; the tongue was very clean; there was a cough so severe that it led to gagging and vomiting; and there was incessant nausea. While it is expected that vomiting would usually relieve the nausea, this was not the case. Such an experiment, using healthy volunteers, is called a proving, and it is the homeopath's source of information about the action of a substance. Of what use could this plant be? If a person were suffering from a gagging cough after a cold, or a woman were experiencing morning sickness with incessant nausea that is not relieved by vomiting, then *Ipecacuanha*, administered in a minute homeopathic dose, can allay the "similar" suffering.

Another example is onion, *Allium cepa*. If a person is exposed to cut onion, his or her eyes most likely would water; these symptoms would be documented in the proving of *Allium cepa*. If someone is experiencing these symptoms, with allergies for example, a remedy made from *Allium cepa* may be indicated to provide information to his or her system as to how to rebalance from the disturbance.

Samuel Hahnemann described this principle by using a Latin phrase: *Similia Similibus Curentur*, which translates: "Let likes cure likes." Hahnemann developed the principle into a system of medicine called homeopathy, and it has been used successfully for the last 200 years.

"What is Homeopathy?" by Dr. André Saine, DC, ND, FCAH, January 29, 2009, Filed under Homeopathy Explained, www.homeopathytoday.org
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