

What is Classical Homoeopathy?

Classical Homoeopathy is the art and science of homoeopathy as laid down by its founder, Dr. Samuel Hahnemann, (1755-1843).

In practice this involves an initial detailed interview of between one and two hours in which patients have the opportunity, usually for the first time, to present all concerns related to their state of health.

Patients are encouraged to relate these concerns in as much detail as possible. They include physical sensations, feelings and thoughts. Further information, such as personal, medical and family history, lifestyle and environment needs to be provided, since these factors usually exert a significant influence on one's health status.

The homoeopathic physician pays very close attention to all symptoms, no matter how insignificant these may seem. The unique way in which each individual displays these symptoms provide the homoeopath with the most important clues in selecting the most appropriate homeopathic remedies.

The aim is to find the single remedy which produces symptoms that are the most similar to the patient's expressed symptoms: mental, emotional and physical, at a particular given time. This remedy is called the "simillimum".

This simillimum will be given to the patient in a particular potency or strength. It will be repeated, if necessary, according to the homoeopath's assessment of the patient's progress and overall condition.

Each remedy is unique. Therefore, Classical Homoeopathy forbids the mixing of remedies, because the effects of taking more than one remedy at the one time is unknown – and Classical Homoeopaths do not experiment with their patients.

Cure is a process rather than a single event, and this is especially so in chronic illness. As the patient begins to improve, symptoms will lessen or disappear but not all at the same time. Additionally, and most importantly, other confirming signs of healing will occur, such as an overall increased sense of well-being and energy, and improved sleep, indicating that genuine cure has begun.

Therefore, usually more than one remedy will be required to bring about complete cure: and again - each newly indicated remedy is always given singly as the case progresses.

The indicated remedy promotes genuine healing by displacing the original sickness that affected the patient. This enables the patient's organism to lose connection with the sickness and instead become engaged with the effects of the remedy. After the remedy has been discontinued the patient emerges free of sickness.

This is not the mere suppression or covering-up of symptoms as with pharmaceutical drugs, but rather the ultimate lifting of the whole condition which brought ill health in the first place. Suppression leads to severe and even fatal consequences for one's health.

Following a suitable interval the patient will return to see the homoeopath to assess the effect of the treatment and receive more treatment as and when appropriate. The number of appointments, number of remedies and amount of treatment will vary for each patient according to the severity of the complaints.

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