



## Homeopathic Prophylaxis: Just Homeopathic Vaccination or More

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### Editorial

Homeopathic prophylaxis is often confused for Homeopathic vaccination but it is more than just homeopathic vaccination. Homeopathic vaccination is the use of homeopathic remedies against diseases either earlier in an epidemic or given routinely to prevent common diseases like chicken pox, measles, mumps and influenza. When the later is used it involves mostly the use of nosodes just like any conventional vaccination which administers the antigen in inactive state to gain immunity towards the disease and is given before the onset of disease or disease symptoms in an individual as a prevention rather than cure.

Homeopathic prophylaxis involves careful selection of individualised remedies either in epidemic or sporadic contagious diseases to treat symptoms. Homeopathic prophylaxis was effective since Hahnemann's time because the basic principle of individualisation was used. Hahnemann used Belladonna and Aconite during two outbreaks of scarletina epidemic in Europe in the early 1800s. Hahnemann tried to search remedies which produced the same action in a healthy body as in a disease. Both episodes of the epidemics were different, hence Hahnemann individualised epidemic symptoms and found group of remedies that would suit the nature of symptoms in that particular epidemic thus emphasizing on individualisation. In the first epidemic he used Belladonna and in the second epidemic he used Aconite. Thus he proved his point and could not emphasize enough that no two epidemics should be considered the same and treated in the similar manner since all outbreaks are different and come with different symptoms and intensity.

The selection of a remedy for prophylaxis in a particular epidemic - genus epidemicus can be done in 3 ways: First way could be the use of nosodes in prophylaxis this approach can be useful before the appearance of genus epidemicus or before the epidemic symptom are clearer. The selection of nosodes for the epidemic treatment is done by

using the same disease genus to prepare the nosode that is occurring during a particular epidemic and not through individualisation. This approach has limitations as it offers prophylaxis only for a particular epidemic and not through overall increased immunity to combat diseases.

The second approach is to select a remedy or group of remedies that have individual epidemic symptoms seen in patients. This is the same approach that Hahnemann used during scarletina epidemic in Europe, where Belladonna and Aconite were chosen individually for each epidemic of Scarlet fever. The symptoms of scarlet fever that were commonly seen among all patients with very little variability were then selected to find remedies. The common symptoms involved continued fever with delirium, coryza, inflammation of the pharynx with difficulty swallowing, tonsillitis, hoarseness of voice and rash. All these characteristic symptoms of scarlet fever were more distinguished in Belladonna than in the remedies like Arum triphyllum, Allium cepa, Drosera, Rhus tox which too have some of these symptoms but considering the totality of symptoms Belladonna was selected as a genus remedy. This genus remedy will be more helpful in providing homeopathic prophylaxis than the use of nosodes.

The third approach is treating the patient with constitutional remedies. This approach works best when the genus epidemicus remedy and the prophylactic nosode remedy fail to provide prophylaxis or to cure. This happens when there is an already existing chronic disease and the vital force is in a morbid state that it does not react to the genus remedy or to any prophylaxis. Thus in such cases a constitutional remedy selected through simillimum and totality of symptoms works effectively.

One can take any of these approaches to cure but a treatment is effective only when a practitioner individualises each and every case, identifying symptoms of disease as characteristic and pertaining to the unique totality of every individual case.

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