

# Homoeopathy : Proven Science & Not Just Sugar Pills

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**M**any of the people have been using homoeopathic medicines occasionally. Many have even heard about it, yet only a small percentage of people are seeing a Homoeopath as the first doctor of choice or are using homoeopathic medicines as a first line therapy of choice.

## Why is it so ?

Here I want to tell you about the myths prevalent amongst our general population and the facts behind them. This effort of mine will help enable you to clear all the doubts in your mind with regards to the fact that homoeopathy is a science and not a fiction. Long back I had read an article in one newspaper – *Shocks scientists, delights homoeopaths*; which proved the fact that Homoeopathy is capable of showing results beyond the Avogadro's number – even after splitting the molecule beyond this number shows results, showing that Homoeopathy is a highly dynamic medicine. Now let's talk about myths –

**Myth number 1 :** Homoeopathy is not a proven science --- Homoeopathy is based pharmacological and clinical data. Over the years, homoeopathic medicines have been extensively studied for their efficacy in numerous diseases / indications. Research has been done in India and abroad. In fact both Homoeopathy and allopathy were coined by the father of medicine i.e. whom the Allopath regard as Founder of experimental pharmacology.

**Myth number 2 :** Homoeopathic medicines are sugar pills / placebos and have no medicinal value--- Yes, the sugar pills as such have no medicinal value. But these act as vehicles / carriers of medicines, which are alcohol based. Otherwise the medicines can be taken directly or dissolved in water. These medicines have been studied worldwide for their efficacy and thus are not placebos.

**Myth number 3 :** Homoeopathy is slow acting --- The fact is that Homoeopathy is fast acting in acute cases and can be very effectively used in treating infections, fever, cold, etc. It can just be prescribed on the basis of symptoms, and by the time the investigations are over in other systems of medicines to prescribe, the patient has already recovered with Homoeopathy.

**Myth number 4 :** Homoeopathy is a 'magic remedy' --- - Fact is that Homoeopathy like any other system of medicine has its own limitations e.g. in cases where surgery is

unavoidable, dental cases, etc. (It can prevent caries of tooth but filling has to be done by dentist).

**Myth number 5 :** Homoeopathic doctors are quacks i.e. without any formal training in medicine --- Qualified doctors practice Homoeopathy in most parts of the world. In INDIA, there are over 160 medical colleges, which offer degree and post-graduate studies in Homoeopathy. At present there are nearly 2, 00,000 trained homoeopaths in the country.

**Myth number 6 :** Is it that Homoeopathy has no side effects --- Generally there are no side effects of Homoeopathic Medicines if prescribed in potencies of 3 C and above. However some tinctures and triturations in Low potencies e.g. 1x, 2x can have mild side effects. But one should avoid self medication to ward off The bad /ill effects of wrong prescriptions.

**Myth number 7 :** Diabetics cannot take Homoeopathy -- -- They can take these small sugar pills, which contain very less sugar, while daily diet has much higher content of glucose than these small pills. Still in very severe cases, the medicine can be taken in dilution in water, as such or over lactose.

**Myth number 8 :** Useful only in chronic cases --- Very fact is that people turn to Homoeopathy only when everything else has failed ! After years of Allopathic treatment often an illness becomes chronic and then people turn to a Homoeopath, now definitely it will take longer than in case of using Homoeopathy right from the beginning. Then people themselves start expecting miracles from the Homoeopaths.

**Myth number 9 :** Same white pills for everyone and every illness. How can this be? --- As I have already told you that the pills are the carriers of the medicine. They are vehicles meant for transfer of the medicine i.e. dilution, out of a range of more than 1200 dilutions, selected for different individuals or diseases.

**Myth number 10 :** There are many restrictions in diet of a patient --- Homoeopathy is a highly dynamic medicine and any strong odour can interfere in the effect of medicines. Some things can be antidote to the medicine. And then restricting alcohol and tobacco is also safe and healthy.

There are many more myths which people carry in their minds and many a gossips go amongst the public. I have tried to dispel some of such myths and advice you not to lend your ears to such rumours to gain good health. Still if any more queries are there, they are welcome.