

MY 5-STEP STRATEGY

# HOMEOPATHIC PREVENTIVE CARE



WRITTEN BY  
DR. SWATI PANDEY

## PROFILE OF AUTHOR

Dr. Swati Pandey  
BHMS, M.D.(Hom.)

Dr. Swati Pandey, born in a traditional and orthodox joint family, was blessed with opportunity to move around, experience and mingle with people of different social strata, in various parts of India since her childhood due to her father's transferable job.

She finished her schooling from various Kendriya Vidyalayas and excelled in medical discipline. After graduating in Homeopathy from University of Delhi, India, She continued her studies in M.D.(Hom.) from the West Bengal University of Health Sciences, India and meritoriously completed it.

Dr. Swati Pandey is a licensed Homoeopath, who works with patients extensively. She is an ardent listener and has avid interest in psychology. Because of her very nature she is very popular among her friends and medical fraternity. She is dedicated in helping people to heal and evolve to their full potential.



Dr. Swati's clinical approach is founded on a deep commitment to the highest standard of healing through classical homeopathy.

The deep-acting form of homeopathy, promotes healing of both physical and psychological conditions by addressing the underlying causes at the mental, emotional, and spiritual levels.

She applies these principle in her practice to understand the big-picture, with its determinants of health.

Honed through years of formal and continuing education and years of experience, to each patient's unique pattern of illness, she is able to put homeopathy to its best use.

Homeopathy is far more than an adjunct or substitute for conventional medicine.

It is, in fact, a powerful tool for spiritual development, and as such it can help overcome many illnesses that cannot be addressed by conventional means because they reflect an underlying imbalance at the spiritual and psychological level.

So, explore this article and try to understand the utility of Homeopathy in controlling, managing and preventing occurrence of a disease.

Contact us with questions or advice and share it for the good of society to utilize a potent and alternative medicine, capable of treating person at a most affordable way.



# ABSTRACT

HOMEOPATHIC PRINCIPLES OF 'SIMILIA SIMILIBUS CURENTUR' HELPS THE INDIVIDUALS TO STIMULATE THE ORGANISM TO REACT AGAINST THEIR OWN MALADIES. HOMEOPATHY IS FREE FROM SIDE EFFECTS OR WITH MINIMAL MOST SIDE EFFECTS BECAUSE OF ITS DILUTIONS AND SUCCUSSION. IN TIME REMEDIES FOR A DISEASE PREVENT TISSUE DAMAGE AND AGGRAVATION. HOMEOPATHY CAN BE USED AS A PREVENTIVE CARE FOR SEVERAL DISEASES AS IT IS CAPABLE OF TREAT SYMPTOMATIC CONDITIONS RATHER THAN FULLY BLOWN OUTCOMES OF DISEASE.

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# MY 5-STEP STRATEGY FOR HOMEOPATHIC PREVENTIVE CARE

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## HOMEOPATHIC MEDICATION

Homeopathy in India is one of the most revered stream of treatment for various chronic diseases particularly for Ladies and children.

It has exhibited its powers around the world in terms of treating various diseases, as a preventive health care system and the most affordable remedy which is provided to the poorest of the poor in a society.



*A medicine without side effects*

## GET STARTED RIGHT AWAY

To get started right away, just think of a Homeopathic dispensary in your immediate suburb and visualize how it is serving the population. You will be mesmerized with the outcomes which it provides to infants, children, ladies, old and adults all alike almost without any side effects.

### Have got Questioners that require immediate answers?

You got to put them before a homeopath. You can also consult people who have experience with homeopathy and treatment with it. Rely heavily on personal experience of your friends and known personnel. Don't get swayed with the propaganda machineries which are active against alternative medicine system.

#### **Q: How can you contact a homeopath?**

A: Look for their clinic in and around your locality. Take help of your friends, relatives and media. Nowadays internet is perhaps your best companion for such efforts.

#### **Q: What is the guarantee for its Safety?**

A: Homeopathy is known for its safety and almost NIL side effects. They are seldom used in emergency cases. From time to time government, media, NGO etc broadcast the news, if something is bad for society. You will never find an adverse report against Homeopathy in regards to its adverse effect on human beings.

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*“Homeopathy is the safest and most reliable approach to ailments and has withstood the assaults of established medical practice for over 100 years.” -- Yehudi Menuhin*

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## DOCTRINE OF HOMEOPATHY

It works on the principle of 'Similia Similibus Curentur', which in literal terms mean the 'likes cure likes'.



*Affordable Treatment*

## Contact Us

**Homeopathic Medication  
New Delhi, India**

**contact@homeopathicmedication.com  
<http://www.homeopathicmedication.com>**

## EMINENT PERSONALITIES HAVE QUOTED IN FAVOUR OF HOMEOPATHY

Some of the eminent personalities include the following:

### **Famous People from the Past:**

Charles Dickens, W.B. Yeats, William Thackeray, Benjamin Disraeli, Pope Pius X, Louisa May Alcott, Susan B. Anthony, William Lloyd Garrison, Daniel Webster, Harriet Beecher Stowe, Henry Wadsworth Longfellow, William Seward, artist Jackson Pollock, W.C. Fields, and former American Presidents James Garfield and William McKinley.

### **Famous People of the Present:**

Catherine Zeta-Jones, Whoopi Goldberg, Pamela Anderson, Jane Fonda, Cher, Rosie O'Donnell, Martin Sheen, the Chili Peppers, Jane Seymour, Lesley Anne Warren, Axl Rose, Linda Gray, Susan Blakely, Michael Franks, Cybill Sheppard, Vidal Sassoon, Angelica Houston, Boris Becker, Martina Navratilova, Priscilla and Lisa Marie Presley, Cliff Robertson, Jerry Hall, Diane von Furstenberg, Ashley Judd, Naomi Judd, Olivia Newton-John, Julianna Margulies, JD Salinger, Blythe Danner, Pat Riley (coach of the Miami Heat), and England's Prime Minister Tony Blair.

## HAVE MORE TO SAY?

Homeopathy as a preventive medicine is without any doubt the most affordable means to alliviate the suffering of masses. Therefore this branch of alternative medicine should be encouraged and practiced to heal the mankind and to keep the population free of ailments and disease.

# INTRODUCTION

Homeopathy as system of medicine was propounded by [Samuel Hahnemann](#) in the year 1796. He formulated his doctrine to be based upon the principle of 'Similia Similibus Curentur', which in literal terms mean the 'likes cure likes'.

Since eighteenth centuries, Homeopathy has grown up in proportion, support and utility around the world. Its usability and minimal, almost to the point of NIL, side effects on body created discomforts on other system of medicine. People started spreading rumours and they even called it a [Pseudoscience](#).

However Homeopathy has survived ongoing onslaughts and attacks against it. This has been possible due to the support and obvious remedial powers it exhibited on its patients.

Many famous personalities, who excelled in their respective fields, have spoken from time to time in support of Homeopathy. Quotes from some of them is worth mentioning here.

## QUOTES BY EMINENT PERSONALITIES ON HOMEOPATHY

Many renowned people have used, experienced and tasted the fruits of Homeopathy and gladly endorse its utility. Opinion and remarks of some of them are mentioned below.

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*“Homeopathy is the safest and more reliable approach to ailments and has withstood the assaults of established medical practice for over 100 years”*

*– Yehudi Menuhin*

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*“Homeopathy cures a larger percentage of cases than any other form of treatment and is beyond doubt safer and more economical.”*

*– Mahatma Gandhi*

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*“Homeopathy is the only non-violent health care system”*

*– Ron Harris*

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*“La homeopatía equivale a disolver una aspirina en el océano Pacífico y recetarle quince gotas al paciente.”*

*– Isabel Allende, Ripper*

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*“I am a cuddly atheist... I am against creationism being taught in schools because there is empirical evidence that it is a silly notion... I am passionately concerned about the rise in pseudo-science; in beliefs in alternative medicine; in creationism. The idea that somehow it is based on logic, on rational arguments, but it's not. It doesn't stand up to empirical evidence.*

*In the same way in medicine, alternative medicines like homeopathy or new age therapies – reiki healing – a lot of people buy into it and it grates against my rationalist view of the world. There is no evidence for it. It is deceitful. It is insidious. I feel passionately about living in a society with a rationalist view of the world.*

*I will be vocal on issues where religion impacts on people's lives in a way that I don't agree with – if, for instance, in faith schools some of the teaching of religion suggests the children might have homophobic views or views that are intolerant towards other belief systems...*

*I am totally against, for example, bishops in the House of Lords. Why should someone of a particular religious faith have some preferential treatment over anyone else? This notion that the Church of England is the official religion of the country is utterly outmoded now.”*

*– Jim Al-Khalili*

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*“I also turn to homeopathic remedies for the treatment of indigestion, travel sickness, insomnia and hay fever just to name a few. Homeopathy offers a safe, natural alternative that causes no side effects or drug interactions.”*

*– Cindy Crawford*

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*“I can't manage without homeopathy. In fact, I never go anywhere without homeopathic remedies. I often make use of them.”*

*– Paul McCartney*

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*“Holistic Healthcare remains a very big attraction. Best of the doctors are moving towards homeopathy. There's a mood for Holistic Healthcare. There's a mood to go toward stress free life from a stressful life.”*

*– Narendra Modi*

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The list of quotes of such eminent personalities is very big, and it is just not possible to mention all of them here. The point, what all of us should understand is Homeopathy as an alternative system of medicine is subject to lots of misinformation campaigns and that we should not pay any heed to all of them.

## **HOMEOPATHIC STUDIES & PRESCRIPTION**

Homeopathic study uses mainly two types of references which a Homeopath dig into to prescribe medicines to their patients and dictate advice. They are known as [materia medica](#) and [repertories](#).

The 'materia medica' is collection of drugs, organized in alphabetical orders, which describes symptom patterns of individual preparations. The 'repertories' is index of symptoms of disease which list out the specific preparations associated with those symptoms. The reason for elaborating on these subjects is to let the users know the reasoning behind homeopathy.

# HOMEOPATHY FOR PREVENTIVE CARE

Constitutional Homeopathy is best suited for preventive therapy.

It focusses mainly to keep people healthy and prevent them from falling ill. It endeavors to examine and find out the constitution of individuals using various methods including the modern methods of testing and diagnosing.

It also addresses past history, mental health and present symptomatic behaviours, analyse them and determine the constitution.

It then decides upon the suitable medicine required for keeping and maintaining the good health. It also accounts for seasonal diseases which are specific to environmental changes and prevents them.

In Homeopathy, homeoprophylaxis is metamorphosis of prevention. Preventive care has been widely used under this branch of alternative medicine since many many years back.

To name the few of diseases which could be stopped from spreading by used of homeopathic processes are as below.

Yellow fever, Pneumococcal disease, Rubella, Mumps, Diphtheria, Poliomyelitis, Smallpox, Chickenpox, Measles, Meningococcal disease, Tetanus, Dysentery, All types of hepatitis, Japanese encephalitis, Hib, Influenza, Cholera, Typhoid, Typhus, Malaria, and many other epidemic diseases.

Preventive care in homeopathy is not limited to any particular age group or any gender bias. A person from all age and either sexes can use it for spread of disease. Even Homeopathy can be used on animals to prevent them from certain diseases during epidemics.

Efficacy of Homeopathy as preventive medicine has been proven by two recent studies carried out in Brazil during 1974-98. The study experimented upon approx. 114,000 people and concluded that approx. 91-95% of people responded well and could be prevented from widely spread diseases named as 'meningococcal disease'.

Not far behind in the past and as recent as in the year 2007-08, the Cuban medical researchers reported that they were able to stop the annual epidemic of Leptospirosis with homeopathic protection.

In modern times, some of the widely talked diseases in India like Dengue, Chikungunya, Measles, Malaria, Seasonal allergies, Common Cold etc has found very good response in Homeopathy and they are increasingly used in many parts of the country to prevent spread of these seasonal disease. Even governments advertise and advice people to use certain homeopathic drugs as a preventive care method against these diseases.

In Homeopathy, drugs are prescribed to be used in a particular dose and over the specific time period to work as preventive measure. An example as follows will illustrate it the best.

# HOW TO PREVENT SPREAD OF MEASLES?

1. Use Morbillinum as remedy (Homeopath may prescribe some other medicine also depending upon the constitution of the individual person).
2. First Dose, First Week- 200 potency.
3. Second Dose, Second Week- 200 potency.
4. Third Dose, After One Month from the Second Dose- 10M potency.
5. Fourth Dose, After One Month from the Third Dose- 10M potency.

## Clinical Trial on Efficacy of Homeopathy as a Preventive Medicine

A clinical trial on a group of children were carried out to find the efficacy of homeopathy as a preventive medicine. It is worth mentioning the outcome of that research work to substantiate the usability of Homeopathy as a preventive care.

A summary of Homeopathic care for the prevention of upper respiratory tract infections in children: A pragmatic, randomised, controlled trial comparing individualised homeopathic care and waiting-list controls is given below, Courtesy: [ScienceDirect](#)

## Summary

### **Objective**

To investigate whether individualised treatment by homeopaths is effective in preventing childhood upper respiratory tract infection (URTI).

### **Methods**

Open, pragmatic, randomised parallel-group trial with waiting-list group as control. One hundred and sixty-nine children below the age of 10 years, recruited by post from children previously diagnosed with URTI, were randomly assigned to receive either pragmatic homeopathic care from one of five homeopaths for 12 weeks or to a waiting-list control using self-selected, conventional health care.

## Result

There was a significant difference in median total symptom score in favour of homeopathic care (24 points) compared to the control group (44 points) ( $p = 0.026$ ). The difference in the median number of days with URTI symptoms was statistically significant with 8 days in the homeopathic group and 13 days in the control group ( $p = 0.006$ ). There was no statistical difference in the use of conventional medication or care between the two groups.

## Conclusion

In this study, there was a clinically relevant effect of individualised homeopathic care in the prevention of URTI in children.

# AN ILLUSTRATION OF HOMEOPATHIC MEDICINES AS PREVENTIVE REMEDY

Though principally, homeopathic remedy is always determined based upon the constitution of individuals and after considering his/her various bodily factors and miasm. However for illustration purpose the following table denotes the utility of homeopathy as a preventive remedy.

Symptoms	Disease Name	Remedy
watery, excoriating discharge; spasmodic sneezing; dry, teasing cough ; fever with drowsiness, dulness; clinging to Crib, abdominal or thoracic congestion etc.	Measles	Morbillinum
Burning heat and itching of skin, high fever, headache, backache, chills, abdominal pain, or vomiting	Smallpox	Variolinum
Cough that lasts longer than 3 weeks, Pain in the chest, Blood in sputum, Weakness, Tiredness, Swollen glands, Weight loss, Decrease in appetite	Tuberculosis	Tuberculinum
membrane covering tonsils and posterior portion of throat; considerable pain on swallowing; pain on turning head, touching neck on awakening from sleep, sleep disturbed due to dryness of mouth and a feeling as if suffocate	Diphtheria	Diphtherinum
General ill feeling with chill, headache, diffused pains. General stiffness. Hyperthermia, Neurotic depressive person. Chronic mesenchymatosis, Rheumatoid pains during humid and cold weather etc.	Influenza	Influenzinum
sudden fever, headache, vomiting, visual sensitivity to light, stiff neck and back, confusion, drowsiness, unsteady gait etc.	Meningitis	Meningococcinum
Jaw cramping, Sudden, involuntary muscle tightening (muscle spasms) – often in the stomach, Painful muscle stiffness all over the body, Trouble swallowing Jerking or staring (seizures), Headache, Fever and sweating, Changes in blood pressure and fast heart rate etc.	Tetanus	Tetanotoxinum

# WHAT SHOULD YOU DO TO USE HOMEOPATHY AS A PREVENTIVE MEDICINE?

Homeopathy is known for its efficacy as preventive remedy against various seasonal diseases. It is also known for its effect on human beings more particularly the children. Therefore to use it to keep one safe, healthy and cheerful, you should do the following.

1. Keep a track and knowledge about seasonal diseases, outbreaks and epidemics.
2. Find out during which season they break out and in which region they are more pronounced.
3. Take preventive medicines in time as prescribed by the licenced practitioner of homeopathy.
4. Take precautionary measures as desired or advised by professionals, government body and health workers.
5. Report immediately to the doctor on contraction of any disease.

## CONCLUSION

Homeopathy is generally not used during emergencies and they have found its application mostly in treating the chronic cases. In India, Homeopathic is likened for treatments of infants and children because of its least side effects. It has equally proven its efficacy in management and control of epidemic diseases. Homeopathy as a preventive medicine is without any doubt the most affordable means to allviate the suffering of masses. Therefore this branch of alternative medicine should be encouraged and practiced to heal the mankind and to keep the population free of ailments and disease.

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