

Homoeopathy As An Immune Booster

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Keeping your immune system strong is very important if you want to stay healthy. The immune response is a defense function that helps control inflammation. (This view of inflammation comes from my twenty-five years of family practice medicine.) Inflammation, with heat, redness or swelling often with pain and fever, is the body's response to invading antigens like bacteria, viruses, and fungi. These antigens are attracted to what they need to live and grow.

We have thousands of viruses and bacteria in our body that live in harmony with us. Our body is constantly eliminating toxins, but sometimes it gets overwhelmed.

There are no specific homeopathic medicines which are thought to be more effective than others in augmenting a person's own immune and defense system. Each homeopathic medicine is thought to be effective when it is properly prescribed. The trick is to find the correct homeopathic medicine that fits the person's unique pattern of symptoms.

It may be more accurate to refer to them as immunomodulating drugs (drugs that stimulate a depressed immune system and that tone down an overactive immune system).

Homeopathy and Immune Response

"Disease is a process starting with the weakening of the immune system eventually with physical pathology as a result." "Physical pathology is therefore the result of the disease not the cause." (*Samuel Hahnemann*)

Homeopathy obviously fits into the class of therapeutic methods that augment the body's own defenses. The basis of homeopathy, called the principle of similars, suggests that a microdose of a substance will heal whatever pattern of symptoms this substance causes in large dose. This principle is also observed in the use of vaccinations and allergy treatments, though homeopathic medicines are both considerably smaller and safer in dose and more individualized to the person they are being used to treat. Homeopaths have seen the SYMPTOMS not as a result of germ warfare, but as the body's indicators that it is functioning properly to throw off disharmony, imbalance and other dysfunctions. Yet, once this is set into motion, sometimes the body is not able to stop this cycle due to other factors, including emotion, environment, nutrition and other sensitivities.

Although homeopathic medicines are thought to stimulate the body's own defenses, how they do so remains a mystery. One study published in the **European Journal of Pharmacology**¹ showed that a homeopathic medicine, *Silicea*, stimulated macrophages (macrophages are a part of the body's immune system which engulfs bacteria and foreign substances). How or why *Silicea* was able to have this action or why exceedingly small doses of it are so active is unknown. In the same way that physicians and pharmacologists do not understand how many drugs work, we do not understand how homeopathic medicine actually work.

Homeopathic medicines do not simply stimulate the body's immune system to treat ill people, for they

can also calm it when this is necessary for the healing of the individual. An example of this latter effect was observed in a study of the homeopathic treatment of people with rheumatoid arthritis, a condition which is considered an autoimmune illness. People with auto-immune ailments suffer because their body's immune system is over-active and it attacks the person's own cells, not just bacteria, viruses, or foreign substances.

This study on 46 people with rheumatoid arthritis showed that those given an individualized choice of homeopathic medicine got considerably more relief than those given a placebo.² A total of 82% of those people given a homeopathic medicine experienced relief of pain, while only 21% of those given a placebo got a similar degree of relief. .

Homeopathy is an ideal way to boost your child's immune system naturally as they grow. It is **gentle, safe and powerful** and the remedies in sweet pill form, powders or liquids area **easy for kids to take**.

References

¹E. Davenas, B. Poitevin, and J. Benveniste, "Effect of Mouse Peritoneal Macrophages of Orally Administered Very High Dilutions of Silica," *European Journal of Pharmacology*, 135 (April, 1987): 313-319.

²R.G. Gibson, S.L.M. Gibson, A.D. MacNeil, et al., "Homoeopathic Therapy in Rheumatoid Arthritis: Evaluation by Double-Blind Controlled Trial," *British Journal of Clinical Pharmacology*, 9(1980):453-459.

³D. Ullman, *Discovering Homeopathy: Medicine for the 21st Century*, Berkeley: North Atlantic, 1991, 39-40

