

## Chapter 28

# Homeopathy in Health and Nutrition Management: A Comprehensive Approach

Maham Akram<sup>1\*</sup>, Kashod Aslam<sup>1</sup>, Muhammad Akram<sup>2</sup>, Muhammad Waleed<sup>3</sup>, Khalil Ahmad<sup>4</sup>, Muhammad Umer<sup>3</sup>, Rabia Zarmeena<sup>1</sup> and Muhammad Rizwan<sup>5</sup>

<sup>1</sup>Centre of Excellence in Molecular Biology, University of the Punjab, Lahore, Pakistan

<sup>2</sup>Homeopathic Doctor, Lahore, Pakistan (D.M.H.S. Registration # 66164)

<sup>3</sup> Department of Meat Science and Technology, University of Veterinary and Animal Sciences, Lahore, Pakistan

<sup>4</sup> School of Agricultural Technology and Food Industry, Walailak University, Nakhon Si Thammarat, Thailand

<sup>5</sup>Department of Veterinary and Medicine, University of Veterinary and Animal Sciences, Lahore, Pakistan

\*Corresponding author: maham\_akram@outlook.com, ORCID: 0000-0002-5306-8098

### ABSTRACT

Homeopathy is a holistic form of complementary and alternative medicine that relies on treating a whole body rather than dealing with just physical symptoms. The basic work principle of this approach is that a person's mental and emotional status are linked, so physical symptoms cannot be treated alone without them in view. A German doctor Samuel Christian Hahnemann is considered the father of homeopathy. He proposed that homeopathy is based on two principles 'like cure like' and 'law of potentization'. He wrote an extensive book 'Materia Medica Pura' on homeopathic remedies. In his book, he mentioned all the observations and key findings, so that it is considered a key book for any homeopath. The remedies are mostly extracted from plants, animals, and minerals sources. Once they are extracted and purified, they are potentized before usage. Homeopathy plays an extensive role in health management and nutrition management. Its holistic approach and minimal side effects make it more suitable for disease treatment. This chapter covers the history, types, and sources of homeopathic remedies and some important remedies used for health and nutrition management.

### KEYWORDS

Homeopathy, Complementary medicine, Health, Nutrition, Allopathy

Received: 10-May-2024

Revised: 12-Jul-2024

Accepted: 18-Aug-2024



A Publication of  
Unique Scientific  
Publishers

**Cite this Article as:** Akram M, Aslam K, Akram M, Waleed M, Ahmad K, Umer M, Zarmeena R and Rizwan M, 2024. Homeopathy in health and nutrition management: A comprehensive approach. In: Abbas RZ, Khan AMA, Qamar W, Arshad J and Mehnaz S (eds), Complementary and Alternative Medicine: Botanicals/Homeopathy/Herbal Medicine. Unique Scientific Publishers, Faisalabad, Pakistan, pp: 245-251. <https://doi.org/10.47278/book.CAM/2024.072>

### INTRODUCTION

Homeopathy was established by the German physician Samuel Christian Friedrich Hahnemann (1755-1843) in 1796. It is a combination of the Greek words 'homoios' meaning same/similar, and 'pathos' meaning suffering. It is predicated on two absurd theories: One is based on "Latin: "similia similibus curentur" or "Like cures like" which refers to the theory that a drug that causes identical symptoms in healthy individuals can also treat a sickness. Second: The "law of minimum dose" states that a medication's effectiveness increases with a decreasing dose. A lot of homeopathic remedies are diluted to where the original substance's molecules are gone (Hahnemann, 2003).

The word 'homeopathy' was not used by Hahnemann until 1807. He employed the word "homeopathic," and the term "homeopathy" in the first edition of his most famous work, "The Organon of Medicine", which was released in 1810. Eventually, The Organon was published in six versions, the latest of which was released in 1921, over eighty years after his death. This book is the foundation of homeopathic principles and practices and it is used by homeopathy practitioners and students (Hahnemann, 1992).

Fortunately, Edward Jenner in 1796, administered the first smallpox vaccination. This incidence aligned with the era of 'Heroic Medicine', which endorsed treatments like bleeding and purging in high doses, sometimes leading to patient death. The notion of Heroic Medicine traces back to John Brown's (1735-1788) work and earned support from influential figures such as Benjamin Rush (1745-1813), a participant of the American Declaration of Independence. The shift away from Heroic Medicine could have influenced homeopaths to encompass the use of diluted doses (Fisher, 2012).

### Hahnemann's Contribution for Homeopathy

Early in his career, Hahnemann became so dissatisfied with the practice of medicine that he stopped it, instead earning his living as a translator. It was while translating, in 1790 'A Treatise of Materia Medica', by Brown's mentor,

William Cullen, that he made his first, crucial observation. In a footnote, he recorded his disagreement with the claim that Peruvian bark's (the bark of *Cinchona officinalis*, also known as China bark) effectiveness in treating malaria stemmed from its bitterness (now known to contain quinine), a concept Hahnemann found illogical because of his knowledge of other bitter substances with no impact on malaria (Lockie et al., 2006). Regardless of this, he decided to personally ingest Peruvian bark instead of merely explaining Cullen's text. To his surprise, he experienced fever alternating with chills, mirroring the symptoms it alleviated in malarial patients. Rather than dismissing this as a coincidence, Hahnemann pondered whether the bark's curative properties were linked to its similarity to the disease (Bailey, 2002; Lockie et al., 2006).

Driven by a rigorous scientific approach, he embarked on a series of experiments to validate his hypothesis. Administering various test substances (primarily plant extracts or basic minerals) to himself, his family, and friends, he meticulously documented all observed symptoms, both physical and mental. Symptoms reported by three or more subjects after a specific substance intake were included in the substance's "symptom picture." This method enabled him to compile detailed symptom profiles for numerous plant and mineral substances. When encountering a patient exhibiting symptoms corresponding to these profiles, he administered the relevant substance, often resulting in improvement. Through this process, Hahnemann not only affirmed the principles of homeopathy but also established a systematic understanding of the medicinal properties of numerous basic substances, some of which were already utilized therapeutically, while others were not recognized. Hahnemann's pioneering approach over two centuries ago, which emphasized the inclusion of psychological symptoms alongside physical ones in his provings, demonstrated his insightful recognition of the significance of psychological manifestations. Eventually, he accorded even greater importance to psychological symptoms than physical ones in determining the most suitable remedy for each individual. This was the empirical 'Newton's Apple' of homeopathy (Bailey, 2002; Fisher, 2012).

Hahnemann described 'homeopathy' and 'allopathy' as the two main modalities of medical treatment. Hahnemann described two main methods of treating medical conditions: homeopathy and allopathy, sometimes known as the enantiopathic technique (from the Latin "contraria contrariis," which means "opposites oppose"). It was Hahnemann who first used the words allopathy and homeopathy. Sometimes, though incorrectly, the latter phrase is used to refer to all forms of traditional medicine (Fisher, 2012).

In his work "Essay on a new curative principle for ascertaining the curative power of drugs with a few glances at those hitherto employed," he elucidates three fundamental strategies for treating ailments. The first, aiming 'to eliminate or eradicate the root cause, is deemed 'the most superior'. The second approach, involving 'the alleviation of symptoms through medications inducing an opposing state', was strongly opposed by him, urging his peers to refrain from this method (contraria contrariis) in chronic illnesses. Consequently, he concluded that 'the only option left is to test the medicines we intend to study on the human body itself'.

References to both these treatment modalities can be traced back to the Hippocratic corpus, as illustrated by the following: 'Illnesses are healed by opposites; for every illness, there exists a suitable remedy; thus, for a naturally warm ailment affected by cold, there exists a warming agent, and so forth. Another approach is through the administration of similar substances; a disease originates through similar means, and health is regained by administering similar substances; for instance, a substance causing strangury not present before, when introduced, will alleviate it. Similarly, coughing, like strangury, arises and is alleviated by the same substances. Homeopathic principles were also predicted by Theophrastus von Hohenheim (1493–1541), a physician from Switzerland, who said that "all substances are toxic, none are devoid of toxicity, it is the dosage that distinguishes a poison from a remedy." (Fisher, 2012).

Hahnemann wrote his first book, *Materia Medica Pura*, in 1811. He published a total of six volumes. His book is considered a basic book for any homeopathic practitioner. In his book, he has given details about diseases with their symptoms, along with their prescribed remedies and observations.

### **Concept of Low Dose or Potentization**

Homeopathic preparations undergo dilution processes that result in a significant reduction of the initial ingredient, leading to minimal presence of the original substance. The medical community frequently expresses skepticism due to this circumstance. But if we think of the medication as expressing a frequency of energy in the solution, it makes more sense that this energy can persist even after the base molecules are gone. Just as irradiating water with gamma rays imparts new energy without adding new molecules. The diluted homeopathic remedy carries the medicinal energy derived from the molecules it no longer contains.

The process of potentization, discovered by Hahnemann, involved diluting medicines initially due to their toxicity. He was astounded to see that the drug concentrations had increased in potency while maintaining their efficiency. As to Hahnemann, the patient's physical and mental health may be more significantly impacted by the subtler life force of the diluted drug. Multiple dilutions combined with vigorous shaking may boost the therapeutic efficacy of some treatments. Stronger cures, such as 10c (1:100 dilution) potency that required ten dilutions (1 in 100) and a minute-long shaking in between, might be achieved with this procedure (Loudon, 2006).

### **Sources of Homeopathic Medicines**

There are three main sources of homeopathic medicines: plants, animals, and minerals. Plant sources are made up of

various plant components that are utilized to make homeopathic mother tinctures, which serve as a stock solution for potencies. Herbs, flowers, stalks, leaves, bark, weeds, roots, seeds, and occasionally the entire plant may be included. Animal parts or their fluids are the origins of various medications found in animal sources. These consist of various insects, flies, lizards, crabs, toads, snakes, and worms. The majority of components and compounds used in the manufacture of medicines come from mineral sources, including salts, metals, nonmetals, alkalis, and acids (Rehman & Ahmad, 2017).

Sarcodes, Nosodes, and Imponderabilia are the other three sources of homeopathic remedies. Sarcodes encompass the typical products and secretions of the endocrine glands as a whole. Additionally, they are made using animal products. Examples include the pituitary (the posterior part of the pituitary gland in sheep), pancreatinum (the pancreas of beef), insulin (pancreatic hormones), and pepsinum (the digestive enzyme pepsin) (Tenka, 2021).

Nosodes are produced by bacteria or viruses that cause disease, or they might be caused by sick human, animal, or plant tissue. Toxins that are inside cells are eliminated from the body via a nosode. Since they are not antibiotics, they have no bacteriostatic or bactericidal properties. Medicorrhinum (from gonorrhoea virus), carnosin (from carcinogenic tissues), Baccilinum (from tuberculous sputum), pyrogenium (infected pus), and psorinum (psoric viral preparation) are a few examples of these (Rehman and Ahmad, 2017; Preena Jane et al., 2023).

Imponderabilia are medicines derived from energy, either synthetic or natural. "Even many imponderable (immaterial) substances can produce the most violent medicinal effects on human beings," according to Hahnemann. (Aphorisms 280 in *Organon*). The following medications are sourced from this source: radium, magnetis artificialis, electricitus, X-ray, sol (sun rays), magnetis poli ambo (magnet), magnetis polus Australia (South Pole of the magnet), and magnetis polus Arcticus (North Pole of the magnet) (Somaru, 2008).

### Homeopathy in Health Management

Global health systems are currently experiencing an increase in chronic diseases and escalating healthcare costs. To highlight this issue, healthcare services should be strengthened, emphasizing personalized and patient-centered care, as encouraged by patients and healthcare professionals. Homeopathy has a rich history of being utilized in the management of chronic ailments, as well as in the prevention and treatment of diseases (Tripathy et al., 2023).

Homeopathy stands out as the most commonly utilized form of complementary and alternative medicine (TCAM). The practice of homeopathy has gained official recognition in various regions, including Central and South America (Brazil, Chile, Colombia, Costa Rica, Cuba, Ecuador, Mexico); Asia (India, Pakistan, Sri Lanka); and Europe (Belgium, Bulgaria, Hungary, Lithuania, Portugal, Romania, Russia, United Kingdom), where governments have acknowledged it as a distinct medical system or specialty. Several of these countries have integrated homeopathy into their national healthcare systems, such as the UK, India, Pakistan, Sri Lanka, and Brazil. In countries like India, Sri Lanka, and Pakistan, homeopathy holds the same legal status as traditional Western (allopathic) medicine; numerous practitioners are dually certified in both homeopathy and allopathic medicine, serving as primary care physicians for many patients (Manchanda, 2016).

Various factors, including cultural norms, historical importance, and legal frameworks, influence the adoption of Traditional, Complementary, and Alternative Medicine (TCAM) at both domestic and international levels. Many nations have policies mandating the integration of specific traditional healing practices into their healthcare systems, typically limited to the indigenous medical traditions of that particular country. In these nations, it is imperative that homeopathy be classified under the TCAM. The World Health Organization (WHO) is in favor of strengthening primary health care (PHC) services and integrating all TCAM modalities into national healthcare systems (Bodeker & Ong, 2005).

### Disease Management by Homeopathic Remedies

Several homeopathic remedies are used for the treatment of various chronic and acute diseases. As discussed previously, they can be from minerals, plants, and animal sources. Some of the commonly used remedies are discussed below. The data is extracted from the book (Lockie et al., 2006)

#### a) Sulfur

Sulfur is a mineral-originated remedy. It is produced by volcanic activity and this volcanic rock can be found around hot springs and craters in the Italian peninsula, Sicily, and the US, and. Sulfur is recommended to cure a comprehensive range of illnesses than any other remedy in the homeopathic repertory. Homeopathy uses sulfur to treat acute fevers, inflammations, skin problems, and respiratory concerns. It is recommended for symptoms such as burning sensations, skin irritations, persistent coughs, digestive disorders, vomiting, diarrhea, and urinary problems.

- Key uses: Skin conditions, respiratory illnesses, men and women health, and digestive disorders (Lockie et al., 2006).

#### b) Nux Vomica

It is sourced from the poison-nut tree *Strychnos nux-vomica*. Strychnine is a toxic alkaloid that is rich in its seeds and was well known as a poison before the 17th century. The health practitioners of earlier times discovered its stimulating effect on the digestive and nervous systems. Small doses can stimulate the appetite, diuretic, and aid digestion, but excessive amounts can be fatal. In 1805, Nux vomica was proved by Hahnemann.

- Key uses: colds and influenza digestive disorders, asthma, headaches, cystitis, menstrual and pregnancy problems,

irritability, and insomnia (Bodeker and Ong, 2005; Lockie et al., 2006; Tripathy et al., 2023).

**c) Apis**

Apis is an animal-based homeopathic remedy derived from native European *Apis mellifica* (honeybee) and now it can be found throughout Europe, the US, Canada and many other countries. This remedy was proved by Dr. Frederick Humphries in 1852 and it is commonly used to treat insect bites and stings. It is prepared mainly by crushing the whole bee in alcohol and then diluted and potentized. Individuals who would benefit from Apis tend to be fussy, restless, and irritable, with oversensitivity, melancholy, and a need for company. The symptoms treated include itchy, red, and swollen skin, frequent urination along with stinging pain in the urethra and urine passing, and swelled body tissues or parts like mouth, lips, and throat.

- Key uses: Edema, bites and stings, urticaria, fever, cystitis, inflammation of mouth or throat, lips, and eyes (Lockie et al., 2006; Tripathy et al., 2023).

**d) Aconite**

*Aconitum napellus* is a poisonous plant from which aconite is obtained. The juice extracts from this plant were used in ancient times for arrow poison hence named aconite (Greek acon = dart). The roots of this plant are rich in poisonous alkaloids. Special care is taken during its preparation. Initially, it was only used as an external medicine until Hahnemann proved a homeopathic remedy in 1805. It is used to treat problems caused by shock, fright, exposure to cold, dry winds, acute infections, anxiety states, and post-partum for mothers and babies. Aconite is given for those who have a significant loss of strength, are prone to severe phobias, panic attacks, or are afraid of dying.

- Key uses: acute respiratory infection, fear, shock and anxiety, eye and ear infections, and problems in labor (Lockie et al., 2006).

**e) Belladonna**

It is sourced from the plant named deadly nightshade (*Atropa belladonna*). The genus name is given after the Greek Fate Atropos, who held the authority of life and death over people. The species name also had a story. In the 16th century, Italian women utilized the poisonous nightshade plant to enhance the gleam of their eyes which turned out “bella dona” a nickname meaning “beautiful woman”. Hahnemann developed Belladonna in 1799 as a homeopathic treatment for scarlet fever, after observing the similarities in symptoms between nightshade poisoning and scarlet fever. Belladonna is a popular treatment for acute diseases with a quick, violent start, and is frequently administered to active people who have sudden rage and a high temperature. It treats symptoms such as high temperature, dilated pupils, flushing, dry skin, and throbbing pain, mainly in the head. Belladonna can treat acute pain, inflammation, or infection in the upper respiratory system, menstruation discomfort, sunstroke, febrile convulsions, cystitis, nephritis, teething pain, and mastitis while nursing.

- Key uses: acute fever and pain, menstrual pain, headaches and migraines, sore throat, and dry cough (Lockie et al., 2006).

**f) Arnica**

An aromatic perennial plant *Arnica montana* is the source of homeopathic remedy arnica. Arnica reduces inflammation and improves tissue healing. It has been utilized in European traditional medicine as an ointment for over 400 years due to its therapeutic powers. Due to its potentially toxic nature, its use is limited to external applications only. So it cannot be applied to broken/injured skin. Arnica is frequently used as a first-aid treatment following accidents, operations, births, and dental procedures, as well as for joint discomfort, fever, and skin disorders. It treats symptoms such as hard, dry, swollen skin, painful boils, and red skin eruptions.

- Key uses: skin conditions, fever, tooth and gum pain, joint and muscle pain, shock, post-childbirth pain, injury, and postoperative care (Lockie et al., 2006).

**g) Spongia**

*Euspongia officinalis* also known as ‘Spongia’ is a commonly used sponge mostly obtained from the Mediterranean Sea, close to Syria and Greece. In the 13th century, the alchemist Arnold von Villanova used this sponge for the first time for goiter treatment. It is prepared by washing and then toasting in a metal container after which it is triturated. It is given to those patients with a fear of heart diseases and death due to suffocation. The focus of this remedy lies on heart-related symptoms such as palpitations and uneasiness in the heart area, accompanied by congestion and a sensation of blood rushing into the chest and face. Spongia is also recommended for treating upper respiratory tract infections that affect the larynx, manifesting as a dry, hollow, barking cough.

- Key uses: heart complaints involving exhaustion and palpitations, upper respiratory tract infections, and croup (Lockie et al., 2006).

**h) Chamomilla**

The homeopathy remedy chamomilla is extracted from a plant named *Matricaria chamomilla* also known as ‘German chamomille’ or ‘Corn feverfew’. It is indigenous to central Europe, North America, and Australia. The scent of its flower

seems like an apple scent and because of this, the name chamomilla is given, which originated from the Greek word 'chamaimelon'. Initially, it was advocated mainly for uterus strengthening, especially after an arduous labor. It was also used for skin conditions like burns or eczema. Chamomile tea is familiar as a calming drink that aids sleep and its usage for treating digestion disorders has been common since the 1<sup>st</sup> century CE. It is specifically recommended for individuals exhibiting a notably low tolerance for pain, accompanied by heightened irritability, anger, and hostility, particularly observed in children.

- Key uses: diarrhea, colic issues, fever, menstrual and labor pains, irritability, earaches, toothache, and teething (Lockie et al., 2006).

#### i) **Crotalus**

Crotalus is an animal-sourced remedy, derived from the venom of rattlesnake *Crotalus horridus horridus*. The venom of the live snake is taken out by 'milking' and dropped onto lactose sugar, which is then triturated. In ancient times, this venom was used for neutralizing the poison from a snakebite, which triggers antibody production and helps to heal. In 1837, the US homeopath Dr. Constantine Hering proved this remedy for an assortment of serious ailments, including strokes, angina, hemorrhaging, and infection.

- Key uses: cancer, bleeding, delirium, throat infections, heart disorders, and strokes (Lockie et al., 2006).

#### j) **LAC CAN.**

*Lac caninum* is a female dog from which Lac Can. is derived. Fresh milk from a lactating bitch is extracted and diluted in a mixture of water and alcohol for the preparation of tincture. Ancient Romans used remedies derived from bitch's milk for uterine and cervical problems and for ovarian pains. Lac Can. is used for individuals with self-contempt, irrational fears, and bouts of depression. It is administered in those patients having excessive dryness in the throat, and burning pain, which makes swallowing difficult. It is also given to the females having swollen or sore breasts during menstruation and breastfeeding, and unusual bleeding between menstrual periods. Those people having mental hypersensitivity due to an overactive imagination are also treated with this remedy.

- Key uses: Hypersensitivity, breast problems, phobias, vaginal bleeding, and discharge and throat infections (Lockie et al., 2006).

#### k) **Carcinosin**

Carcinosin (*Carcinosinum*) is a nosode homeopathic remedy made from cancerous breast tissue. Breast cancer is the second most prevalent cancer. The specimen tissue is washed thoroughly and mixed and succeeded. The honor of this derivative remedy goes to two British homeopaths, Dr. Clarke and Dr. Compton Burnett, who foremost attested the tonic in the late 19th century. Later on, its uses extended significantly following work by Royal London Homeopathic Hospital Doctor D. M. Foubister. In 1989, Dr. J. Shore published research on it. This remedy is considered for noncancerous conditions in people who have a strong family history of cancer. Cancer, diabetes, tuberculosis, emotional stress, chronic fatigue syndrome, and mononucleosis are main targets of this disease.

- Key uses: insomnia, respiratory illnesses, abdominal pain, skin growths and blemishes, and chronic fatigue syndrome (Lockie et al., 2006).

#### l) **ARSEN. ALB.**

*Acidum arsenicosm syn. Arsenicum album* is sourced from arsenopyrite (mineral rock), mostly found in Germany, Norway, England, Sweden, and Canada. It is said to be too poisonous, so it is diluted much before use. Hahnemann approved this remedy in his book *Materia Medica Pura* for the treatment of respiratory and digestive tracts of mucous membranes. This remedy is used mostly for indigestion and colitis, asthma or severe breathlessness, headaches, and food poisoning, mostly aggravated by stress or anxiety. In some cases, it is also used for eczema treatment.

- Key uses: food poisoning, digestive disorders, headaches, eye inflammation, respiratory illnesses, Raynaud's syndrome (Lockie et al., 2006).

Homeopathic remedies can also be in formulations for disease treatment. Many manufacturers sold these formulations. Table 1 shows a few examples.

**Table 1:** Homeopathic formulations for disease management (Lockie et al., 2006; Boger, 2007)

Ailments	Remedies in formulations
Piles	Aesculus hippocastanum, Hamamelis, Peonia, Nux.vomica, collinsonia, sulpher, graphite
Kidney stones	Berb.Vula, Sarsaparilla, Lycopodium, Hydrengia, Thlaspi, Nux.vomica
Abdominal bloating	Nuxvomica, Lycopodium, Argent. Mit, Arsenic Alb., Carbo veg., Asafetida, Dioscorea.

### **Homeopathy in Nutrition Management**

According to a study by Fernandaz and Lubeck, made in 2019 by the United Nations, it is estimated that the global population will rise up to 9.7 billion by 2050. So, with the increasing population, the demand for nutritional items also

increases, which are nutritious and sustainable for human consumption. The source of these nutritional items can be animals and plants (Santamaría-Fernandez and Lubeck, 2020). As we know, homeopathic remedies are extracted from these food sources, so besides the healing effect, they also help in nutrition management, which we will discuss later about the remedies used for nutrition management.

According to the philosophy of homeopathy, an integral part of health maintenance is nutrition management. Every health practitioner believes that if one maintains his/her health, the illness will not affect much compared to a nutrient-deprived person, as proper nutrition plays a vital role in people's natural healing and restoring abilities. Homeopaths believe that every person has his nutritional requirements and sensitivities, like digestive issues, allergies, etc. which must be kept under consideration while prescribing any dietary supplements or plans (Janbow, 2022).

Below are some significant aspects that are followed by homeo-health practitioners for nutrition management:

- i. Some food items may be banned during treatment because of their healing hindrance property, like some herbs or spices, may work as antagonists against prescribed remedies, which may create adverse effects and vice versa.
- ii. Diet/nutrition plans are tailored according to a person's history, symptoms, and overall health objectives rather than recommending a one-size-fits-all method.
- iii. Homeopathic remedies may be used to cure underlying digestive issues like food sensitivities, poor absorption, and poor gut flora, which affect overall health.
- iv. Homeopaths also consider emotional well-being during treatment.
- v. Homeopaths typically favor eating whole instead of processed foods having artificial additives or preservatives. Whole food consumption helps in more nutrient absorption (Janbow, 2022).

### Homeopathic Remedies used in Nutrition Management

In this section, we will discuss some nutritional remedies used by homeopaths:

#### a) Alfalfa

Alfalfa tonic is made from a herb *Medicago sativa* which is rich in vitamins (A, C, E, K) macro and micronutrients (Ca, K, P, Fe). It helps in resolving digestive issues like poor food absorption and constipation, muscle weakness, and skin dullness and helps in restoring body stamina (PoojaYadav and Shinde, 2022; Rawat et al., 2018).

#### b) Avena sativa

*Avena sativa* is a herb from which homeopathic remedies is prepared commonly known as oats. It is rich in fibers. Lower body cholesterol levels, which strengthen heart muscles. Besides its major health benefits, It is mainly given for neurological weakness, insomnia, and opium addiction (Singh et al., 2013).

#### c) Calcarea carbonica

Calcium carbonate, also known as *Calcium carbonicum Hahnemanni* is mineral remedy made from the oyster shell which is rich in calcium carbonate. Calcium is one of the major constituents of bones. Thus, this remedy helps in improving bone health and development, reducing dental ailments and joint pains, and is also used for children with delayed milestones (Lockie et al., 2006).

#### d) Ferrum Phos.

Ferrum phosphoricum is made from iron phosphate, it is usually given to improve overall energy. Mostly given to anemic patients and in treating the first stage of inflammation (Bhalla and Arora, 2023; Lockie et al., 2006).

#### e) Kali Phos.

Kali phosphoricum is made from potassium phosphate. According to Dr. Schussler, a deficiency of potassium phosphate leads to despondency and anxiety. This remedy is mainly given to support nervous health, and improving stress conditions and mental fatigue (Lockie et al., 2006).

#### f) Silica

Silica (*Silicea terra syn. Acidum silicicum*) is a nonmetallic material found in the Earth's crust. It plays an important role in plant structures. In the human body, it fortifies hair, teeth, and nails, as well as connective tissue (Lockie et al., 2006).

#### g) Zincum metallicum (Zinc)

Zinc remedy is usually used for strengthening the immune system and reproductive system, in improving cognitive skills and memory issues, etc (Ramya Gade, 2023).

### Conclusion

Homeopathy is one of the holistic approaches to health management and nutrition management. A person's whole physical and emotional health is kept under consideration along with disease symptoms for remedy prescription. Besides its beneficial aspects including low side effects, individualized and holistic approach, etc., some critics talk about its

disadvantages too, which include long healing time, potentization reduces the molecule number to null which may be just non other than a placebo, some also say that there is no enough data repository for considering its beneficial effects and there is also lack of regulation by health authorities. To eradicate these issues, our homeohealth practitioners should publish their data just like allopath practitioners. This may eventually increase the data repository and will eventually help in the regulation of this approach and its remedies.

## REFERENCES

- Bailey, P. (2002). Homeopathy. In Handbook of Complementary and Alternative Therapies in Mental Health (pp. 401-429). Elsevier. <https://doi.org/10.1016/B978-012638281-5/50020-6>
- Bodeker, G., & Ong, C.K., (2005). WHO global atlas of traditional, complementary and alternative medicine (Vol. 1). World Health Organization.
- Boger, C.M., (2007). A Synoptic Key of the Materia Medica (a Treatise for Homeopathic Students) Includes a Brief Repertory. 1<sup>st</sup> edition. B. Jain Publishers.
- Fisher, P., (2012). What is homeopathy? An introduction. *Frontiers in Bioscience-Elite*, 4(5), 1669-1682. <https://article.imrpress.com/bri/Elite/articles/pdf/Elite489.pdf>
- Hahnemann, S. (1992). Samuel Hahnemann: His Life and Word. In Samuel Hahnemann: His Life and Word (pp. 2 v.(957p.)-952).
- Hahnemann, S. (2003). The lesser writings of Samuel Hahnemann. B. Jain Publishers.
- Janbow, D.J.B., (2022). Effectiveness of homeopathy in the prevention of nutritional problems in public health: A review. *International Journal of Homoeopathic Sciences*, 6(2), 155-160. <https://doi.org/10.33545/26164485.2022.v6.i2c.552>
- Lockie, A., & Owen, D., (2006). Encyclopedia of Homeopathy. Dorling Kindersley. [https://books.google.com.pk/books?id=6b\\_pAAAACAAJ](https://books.google.com.pk/books?id=6b_pAAAACAAJ)
- Loudon, I., (2006). A brief history of homeopathy. *Journal of the Royal Society of Medicine*, 99(12), 607-610. <https://doi.org/10.1177/014107680609901206>
- Manchanda, R., (2016). Integrating homeopathy in health care. *Indian Journal of Research in Homoeopathy*, 10(1), 1-5. <http://doi.org/10.4103/0974-7168.179149>
- PoojaYadav, R.K., & Shinde, S., (2022). A comparative study of individualized homeopathic medicine versus alfalfa tonic in management of under-nutrition in the age group of 1-5 years—randomized control trial. *Materia Novum. The Journal of Homoeopathy*, 6(4).
- Preena Jane, J., Jabbar, K. S. A., Ambily, B., & Gopinath, N. (2023). A Comprehensive Look at Nosode Remedies in Homoeopathic Medicines. *International Neurourology Journal*, 27(4), 410-414.
- Gade, R., Dwarampudi, L. P., Swaminathan, G., & Rao, N. S. (2023). The Role of a Holistic Zincum metallicum Homeopathic Medicine System in the Treatment of Polycystic Ovarian Syndrome (PCOS) and other Disorders—A Review. *International Journal of Pharma Research*, 13(1).
- Rawat, D., Shah, R., Nepali, D. B., & Yadav, J. L. (2018). Effect of homeopathic medicine (alfalfa), methionine and lysine supplementation in low protein based diets on the performance of broiler chicken. *International Journal of Applied Sciences and Biotechnology*, 6(2), 174-180. DOI: 10.3126/ijasbt.v6i2.20432
- Rehman, T., & Ahmad, S., (2017). Introduction of homeopathy and homeopathic medicines: A review. *International Journal of Homeopathic Sciences*, 1(1), 21-25. <https://doi.org/10.33545/26164485.2017.v1.i1a.7>
- Santamaria, F.M., & Lubeck, M., (2020). Production of leaf protein concentrates in green biorefineries as alternative feed for monogastric animals. *Animal Feed Science and Technology*, 268, 114605. <https://doi.org/10.1016/j.anifeedsci.2020.114605>.
- Singh, R., De, S., & Belkheir, A. (2013). Avena sativa (Oat), a potential nutraceutical and therapeutic agent: an overview. *Critical reviews in food science and nutrition*, 53(2), 126-144. <https://doi.org/10.1080/10408398.2010.526725>.
- Somaru, N., (2008). An investigation of the concept of homoeopathic imponderabilia using a Hahnemannian proving of focused pink light. Masters thesis Durban University of Technology, Durban, South Africa. <https://doi.org/10.51415/10321/340>
- Tenka, D., (2021). Sarcodes and its homoeopathic application. *International Journal of Homoeopathic Science*, 5(4), 51-54. <https://doi.org/10.33545/26164485.2021.v5.i4a.453>
- Tripathy, T., Das, S., Singh, D. P., Prusty, U., Pattanaik, J. K., Pradhan, P. B., & Gautam, M. (2023). Dealing Chronic Diseases with Homoeopathy. *Clinical Medicine and Health Research Journal*, 3(5), 579-584.