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Foreword

This book contains the revised theory of the series *Classical Homeopathy, Evidence Based Medicine*¹. A few years have passed since I wrote the theory of the analysis in the first and second volumes of the series. Through the teachings I have given over the past few years I have seen the need to improve some parts of it. I also thought that it would be better to have the theory of both volumes together in one book. In this way I am better able to explain the practical application of the theory on case analysis in homeopathy. It also makes it easier for the student or practitioner to access the information and to take this smaller book with them. Another reason for publishing this smaller book is that students of third world countries were unable to buy volume one or two of the series because it was too expensive. As I find it important that the information is available for as many students and practitioners as possible, I have decided to publish this smaller and therefore less expensive book. I have added some new case examples, so that those who use this book, without having volumes one or two, can have the information in as complete a form as is possible.

In the theoretical part of the book I have included what I have found to be the most useful information needed to make a correct analysis for each and every case, including the prognosis, the valuing of the symptoms and the strategies and techniques on how to approach a case. In the case studies section, the cases are given first and their analyses afterwards, separately. In this way the student can use the book as a self-assessment test. He can read the case first, work it out and check in the last part of the book whether his analysis was correct.

It is my experience, after twenty-five years of teaching homeopaths of all levels of experience, that a well-trained student can find any remedy - even if it is not an often-prescribed one - simply because he has learned to evaluate a case correctly, knows how to recognise the distinctive symptoms

¹ Van Woensel E., *Classical Homeopathy – Evidence Based Medicine - Volume 1 (Theory - Case Studies - Long Term Treatment)*, Educatief Centrum voor Homeopathie, Groesbeek, Netherlands, 2011.

Van Woensel E., *Classical Homeopathy – Evidence Based Medicine - Volume 2 (Theory - Case Studies - Long Term Treatment)*, Educatief Centrum voor Homeopathie, Groesbeek, Netherlands, 2013.

and how to choose the right strategy or technique to come to the correct remedy.

I sincerely hope that all will take advantage of the information included in this book. Homeopathy is an important therapy. It needs to be applied as effectively as possible in order for patients to benefit from it in the best possible way. I am always open to listening to advice from anyone who would like to make suggestions on how to improve my writing and teaching on homeopathy.

Erik van Woensel

Ajjic, July 2015.

Theory: Case analysis in homeopathy

Introduction

The main goal of the homeopathic analysis is to find the homeopathic remedy that is the closest match to the symptom pattern that has been developed by the defence mechanism as a reaction to the disturbance that is threatening the organism.

Homeopathy is based on the law of nature *Similia Similibus Curentur*.² In essence this means that the symptoms a substance produces, can also be cured by it. Therefore we use the symptoms that develop during tests on healthy individuals to ascertain which symptoms can be cured in a patient. S. Hahnemann was the first one to introduce a systematic method of applying this law in a scientific way. He did tests (called provings) on himself and on several volunteers using different substances to research their influence on the human organism. In this way he was the first one in medical history to record the use of medicines in a non-speculative way. Before this, medicines were prescribed based on assumptions and theories of what their use might be, as in the doctrine of signatures.³

Why is it that we can use these symptoms from the provings to find the curative remedy for the patients? What is the link between the provings and the symptoms of the patient? The ...

² Hahnemann S., *Organon of Medicine*, sixth edition, Jain Publishers, New Delhi, reprint 1982, paragraph 26 - 28.

³ Hahnemann S., *Organon of Medicine*, sixth edition, Jain Publishers, New Delhi, reprint 1982, paragraph 110.

In addition to finding the distinctive symptoms of the case, we pay special attention to possible **causative and disease - maintaining factors**. When we study S. Hahnemann's work, we see that he was always looking for the causes of diseases and trying to eliminate them.⁴

So the three most important parameters we have to pay attention to when selecting the symptoms on which to base a prescription are:

- Peculiarity
- Intensity
- Causative and disease-maintaining factors.

In order to make a good evaluation of the presenting symptoms and to therefore find the suitable remedy, it is important to first make a **prognosis**. After we have made a prognosis and after we have found out which symptoms from the totality are important enough to be taken into consideration for the analysis, we can investigate which **strategy or technique** will lead to the best result i.e. the best choice of remedy. The insight that we gain into the condition of the organism, by making a prognosis, will help us to find which symptoms are distinctive, and enable us to choose the right method of analysis and the right potency.

Summarising we can list the following steps that need to be taken when doing an analysis:

- Make a prognosis.
- Find the distinctive symptoms.
- Choose a strategy or technique to find the remedy.
- Differentiate the appropriate remedies and select the most similar one.

Choose a potency with which to start the treatment.

⁴ Hahnemann S., Organon of Medicine, sixth edition, Jain Publishers, New Delhi, reprint 1982, paragraph 4, 5, 94.

S. Hahnemann wrote that symptoms of the mind are the most important in a case,⁵ but he was talking about pathological symptoms. He also wrote that a real mental-emotional symptom represents a **change in the natural psychological make-up** of the patient since the disease began.⁶ This means that using someone's character to find a homeopathic remedy is a wrong approach. A lot of experience is required to be able to distinguish which part of the psychological information can be used as a symptom and which cannot. When considering physical pathology it is quite easy to get information about the seriousness of a complaint as we have many objective examinations such as blood tests. However, if we have to evaluate mental-emotional symptoms such tests are not so obvious. In order to decide which part of the mental-emotional information can be useful in finding the remedy we can utilise the concept *freedom*. We find this idea in S. Hahnemann's *Organon* where he writes about an *increased calmness and freedom of the mind*, which occurs when the patient has a positive reaction to a homeopathic remedy.⁷ (See also *Degree of limitation of freedom of expression in life* page 38) I do not want to elaborate on this concept here, but we can apply...

⁵ Hahnemann S., *Organon of Medicine*, sixth edition, Jain Publishers, New Delhi, reprint 1982, paragraph 211.

⁶ Hahnemann S., *Organon of Medicine*, sixth edition, Jain Publishers, New Delhi, reprint 1982, paragraph 210.

⁷ Hahnemann S., *Organon of Medicine*, sixth edition, Jain Publishers, New Delhi, reprint 1982, paragraph 253.

Case 2: Bruises - Anamnesis

A 59-year-old man suffers from frequent bruising on his hands and feet.[3] For example, if he opens the door a little too forcefully, he gets a blue spot on his hand. Or, if he sits on his knees with his legs underneath him, he will get blue spots on his toes. But very often he has blue spots without knowing why. The spots go away again quite quickly, for instance after half a day or after a night's sleep. He has had this symptom in the past, but now it is becoming more frequent and severe. He is an artist who uses oil paints. He gives classes in portrait painting as well. He has noticed that when a lot of students are painting in the room, he suffers from nausea [2/3] and his skin will start prickling [2/3] as though his leg has been asleep and the blood has started to flow again. But he has this sensation over his whole body. He also notices that he becomes very tired [2] and that a tooth, which has had an inflammation underneath a crown, begins to hurt. Last week he had to leave the classroom because he felt so sick. Today after painting he felt a slight prickling in his left hand and arm. He is right-handed. No medical cause has been found for the problem. His blood tests are good.

For the last three days he has had swelling under his left lower eyelid.[1/2]

He sleeps well. Often he sleeps on the right side, but this might be to avoid the light coming in through the window. He dreams a lot [2], but he does not remember details.

He is sensitive to the cold.[2]

His appetite is not good at present. He simply does not feel like eating, but if he starts to eat then he often likes it. He likes sweets a lot.[2]

He feels good in general. His mood is good. He lives on his own and does not need a lot of company. He spends his life painting and drawing. He has no fears.

He is under treatment for depression and lack of energy, which have responded well to *Chininum sulphuricum*. This remedy has had no effect on his current complaint.

He had a tonsillectomy when young. When he was 6 years old something was removed from the sole of his foot, but he does not know what it was. When he was 8 years old his mother died. The relationship with his

stepmother was not very good. He isolated himself in order to be able to cope with the situation. At the age of 13 he became unconscious after hitting his head. This did not result in any related ongoing problems. At the age of 14 he was emotionally shocked because he witnessed the death of his friend who was run over by a truck. Once every two years he has an acute disease with high fever. His father died from throat cancer when he was 72 years old. His mother died from thrombosis in the brain after the delivery of her last child. His brothers and sisters are also prone to depression. His uncles and aunts are quite healthy. He has an aunt who is 102 years old.

Comment on case 1

In this case we see that if a remedy is well-selected it can ameliorate symptoms that are not known for the remedy. The cold sensation in the stomach has not yet been described for the remedy that cured this case. This symptom does disappear for many years in this patient after using the remedy. Whether or not this is due to the use of the remedy will become clear if we can confirm it in other cases. In this way we can improve our materia medica by following a case for many years and having well-kept case records.⁸

⁸ www.archiveforhomeopathy.com

Comments on case 3

In some cases of headache a separate remedy must be taken during the acute attacks of headache. This is because the symptom pattern of the acute attack is totally different from that of the chronic state. In this case , however, the symptoms of the headache are also covered by the chronic remedy. Therefore, the patient does not need one remedy for the acute headache and a different one for the chronic state. She can simply take the same remedy in the same potency whenever she has an acute attack of headache. This same potency can be used for as long as it acts. If it stops acting the potency can be raised.

This case is very interesting because it teaches us a lot about the curative remedy. We do not yet know much about its psychological essence, but with this case we can get more information about this aspect. Several emotional symptoms have been cured by the remedy. These symptoms show us the mental-emotional make-up of the patient needing this remedy. If we have several cases in which the mental-emotional symptoms change after the remedy, then we can confirm them and complete the materia medica of the remedy. This is the only way to get insight into the psychological essence of a remedy, apart from having done a proving. (See *Essence - Note: adding mental-emotional symptoms to the materia medica* page 59)

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