

## Easier to explain what homeopathy is NOT!

- It is not vitamin therapy
- It is not herbal medicine
- It is not good nutrition
- It is not exercising
- What is it??

"There have been two great revelations in my life:  
The first was bebop, the second was homeopathy."

Dizzy Gillespie

"You may honestly feel grateful that Homeopathy survived the attempts of the Allopaths to destroy it"

Mark Twain

## Moses was the first Homeopath!

- Exodus xxxii
- After Moses came down from Mt. Sinai, he saw the people of Israel idolizing a golden calf
- And he took the calf which they had made, and burnt it in the fire, and ground it to powder, and strewed it upon the water, and made the children of Israel drink of it.

## Samuel Hahnemann

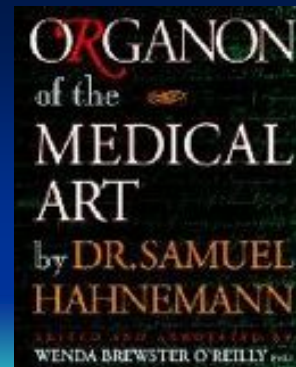
- Born in Dresden, Germany in 1755
- Studied chemistry and medicine
- Fluent in 6 languages
- Protested the medicine of his time
  - Bloodletting
  - Purging
  - Toxic medications
  - Poor hygiene

## Development of Homeopathy

- Translating A Treatise on Materia Medica, by Dr. William Cullen in 1790
- "Peruvian Bark, or cinchona was good treatment for malaria because of its astringent qualities"
- The first proving

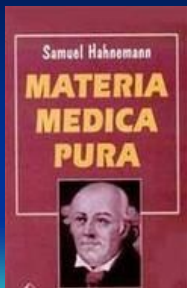
## Hahnemann's Work

- He proved over 100 remedies and developed a "symptom picture" from each one
- Organon of Rationale Medicine
- Materia Medica Pura



## Materia Medica Pura

written by Dr. Samuel Hahnemann.  
There are six volumes of Materia Medica Pura. There are 61 medicines contained in these volumes.  
There were 37 provers



## Background

- Board Certified in Ophthalmology
- Certified Classical Homeopath
- Fellow College Syntonic Light Therapy
- Medical License in Arizona
- Homeopathic License in Arizona
- Medical License in Pennsylvania

## History of Homeopathic Ophthalmic Hospitals

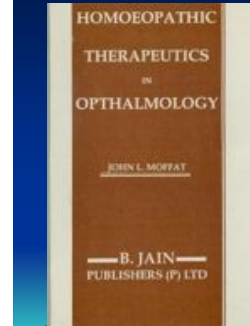
- New York Ophthalmic Hospital (1879-1939)
- Under Homeopathic management
- In 1931 treated over 31,000 patients
- Offered postgraduate courses in Homeopathic Ophthalmology

## History of Homeopathic Ophthalmic Journals/ Societies

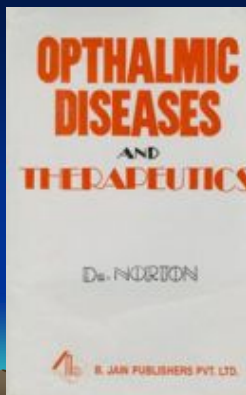
- American Homeopathic Ophthalmology and Otology Society (1877)
- Still existed in the AIH Directory in 1941
- Test Drug Proving, a 665 pp. reproving of Bell. in 1906
- Homeopathic Eye, Ear and Throat Journal (1895-1905)
- Journal of Ophthalmology, Otology and Laryngology (1889-1904)

## Standard Works on Ophthalmology by Homeopaths

- Angell, H.C. Treatise on the Diseases of the Eye. 1871
- Becker, A. Diseases of the Eye, Treated Homeopathically. Boyle, C. Therapeutics of the Eye. 1896
- Berridge, E.W. Complete Repertory to the Homeopathic Materia Medica Diseases of the Eye, 1873
- Buffum, J. Diseases & Injuries of the Eye. 1883
- Buffum, J. Manual of the Essentials of the Diseases of the Eye & Ear. 1896
- Moffat, J. Homeopathic Therapeutics in Ophthalmology
- Moffat, J. Homeopathic Therapeutics in Ophthalmology. 1916
- McBride, N. Diseases of the Eye 1897
- Norton, G. and Allen, T. F. Ophthalmic Therapeutics 1876
- Norton, A. B. Ophthalmic Diseases & Therapeutics 1872
- Norton, A.B. The Essentials of the Diseases of the Eye. 1904
- Peters, J. A. A Treatise on the Diseases of the Eye. 1854



Homeopathic  
Therapeutics in  
Ophthalmology.  
1916  
John L. Moffat,  
MD



Ophthalmic  
Diseases and  
Therapeutics 1872  
A. B. Norton, MD

## Dramatic increase in eye Disease Worldwide

- Why is this happening?
- Can homeopathic laws explain this increase?

## According to the American Academy of Ophthalmology

- Age-related eye diseases including cataracts, diabetic retinopathy, glaucoma and age-related macular degeneration are expected to dramatically increase—from 28 million today to 43 million by the year 2020.

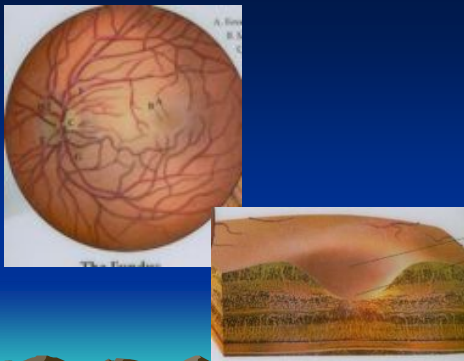
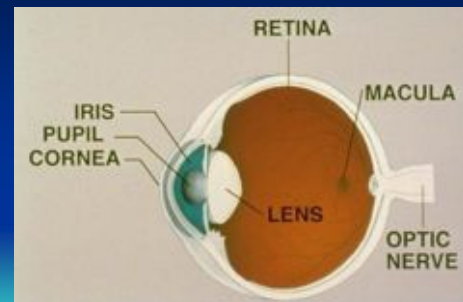
## Dramatic increase in eye disease

- **The Archives of Ophthalmology 2003;121:1303-1310**
- **Study of 10,500 patients available**
- **Looked at the incidence of macular degeneration, glaucoma and cataracts**

## Macular Problems

- Age-related macular degeneration has increased 27.1 % between 1991 and 1999.
- The prevalence of diabetic retinopathy among persons with diabetes mellitus has increased 17.4 %.

## The Normal Eye



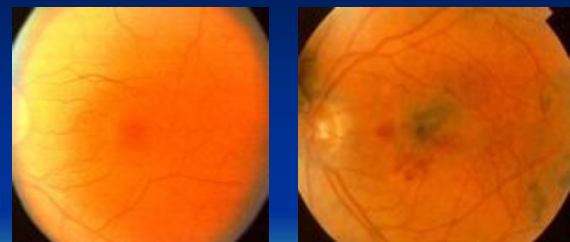
## Symptoms of macular degeneration

- *The loss of central vision is slow, painless, and usually mild.*
- *Central blind spots (scotomas) usually occur late and may sometimes become severe.*
- *Symptoms are usually bilateral.*

## Findings on Eye Examination

- *Pigment changes*
- *Drusen*
- *Areas of chorio-retinal atrophy*

## Changes in Macular Degeneration

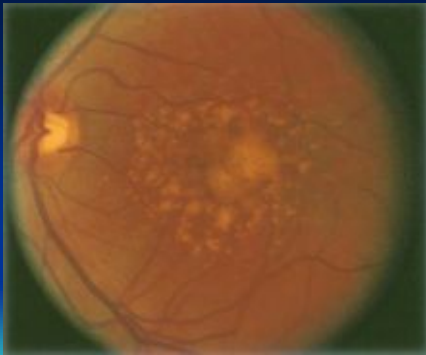
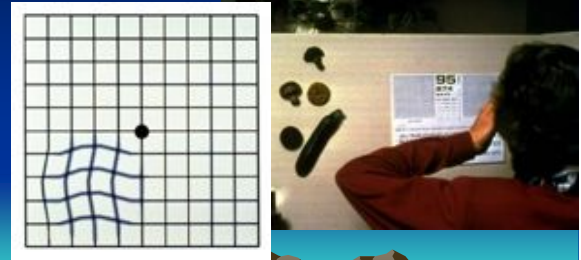




## Distortion produced by ARMD

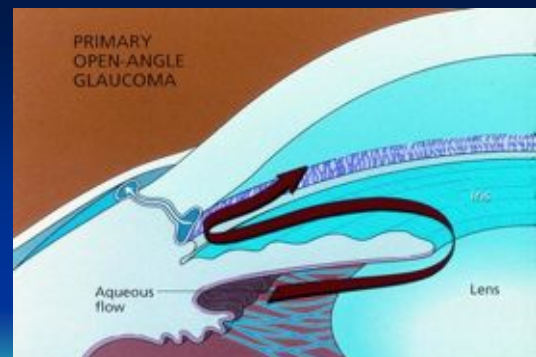


## Grid Testing



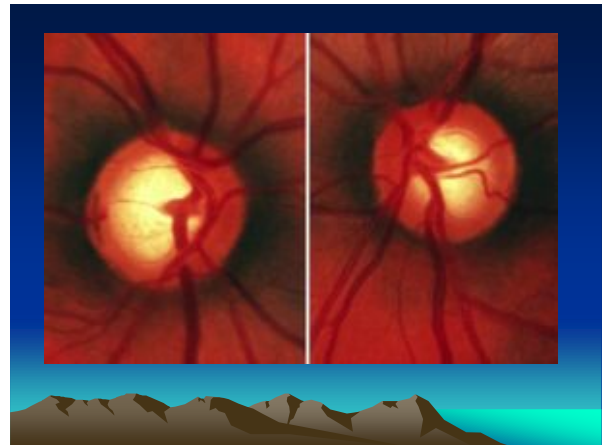
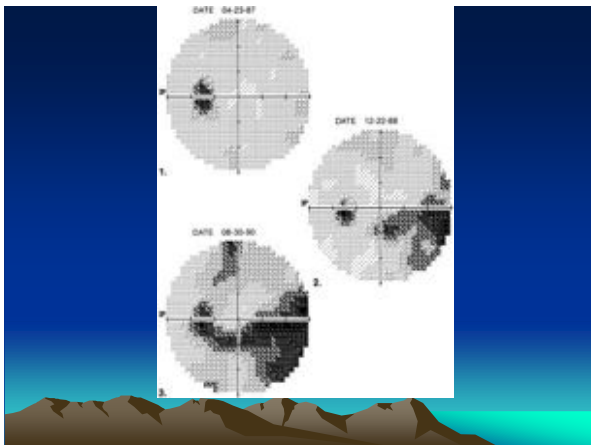
## Glaucoma

- Primary open-angle glaucoma increased 13.8 %.
- The percentage of glaucoma suspects increased from 6.5 %
- Percentage of narrow-angle glaucoma 2.7 %



## Diagnosis of Glaucoma

- Elevated eye pressures although not always. There is a condition called low tension glaucoma
- Visual fields changes. Loss of peripheral vision
- Changes in the optic nerve



## Suppression as an explanation

- Conventional medical treatments are causing suppression
- Homeopathic principles can explain why this increase in eye disease is occurring.

## Contributing factors

- The decline in nutrition
- Use of preservatives, chemicals and Genetically Modified Organisms (GMO) foods in our diet.
- Heavy metal poisoning

### Heavy Metal

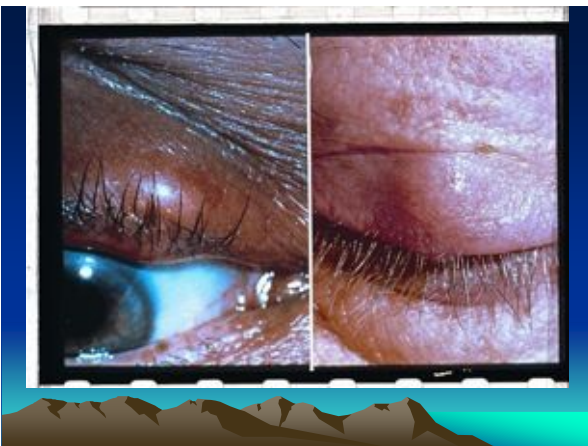
- Recent article reported that lead and cadmium accumulate in human ocular tissues
- Particularly in the retinal pigment epithelium and choroid.

### BIG PHARMA!

- The pharmaceutical industry.
- The largest contributing cause in the increase in all eye diseases is suppression produced by modern pharmaceutical medications

### Suppression

- Antibiotics for conjunctivitis
- Treatment of chronic blepharitis
- Steroid eye drops
- Cataract surgery
- Laser surgery and injections for retinal disease



### Steroids

- The most commonly prescribed drug to treat infection and inflammation in all eye diseases.
- There are many side effects listed when using steroids
- From the homeopathic prospective these are not “side effects” but are the result of *suppression*.



### *Steroid eye drops suppression*

- *Increase intra ocular pressure or glaucoma*
- *Cataracts*
- *Infections*
- *Herpes simplex*
- *Corneal ulcer*

### *More serious suppression from steroid drops*

- *Dr Peter Shaw in the December issue of the British Journal of Clinical Pharmacology*
- *Presented a case of nasal septal perforation from steroids*
- *He reported a case of exogenous Cushing's syndrome related to ocular steroids*

### *Antibiotic suppression*

- *overgrowth of non susceptible organisms including fungi*
- *may retard corneal wound healing*
- *punctate keratitis*
- *Erythema*
- *increased lacrimation*
- *Edema*
- *lid itching*

### *Glaucoma eye drops suppression*

- *Can particularly be suppressive when used to lower the intra ocular pressure.*
- *Glaucoma medications suppress the natural production of aqueous humor which is essential in transporting oxygen and nutrients to the eye.*

### *Does cataract surgery cause suppression?*

- *Data from the three major population based studies were pooled, the odds of having macular degeneration were found to be 1.7 times higher after cataract surgery than without cataract surgery*
- *(Am J Ophthalmol 2003;135:849-56). Once again this is not due to complications of surgery but due to surgical suppression.*

Homeopathic approach to treating eye disease is much different the traditional approach of using eye drops, laser, injections and surgery.

## Based on true laws of healing

- Law of similars
- Herrings Law
- Law of dilution

## The first law in homeopathy is the Law of Similars.

- This states that a substance that produces (symptoms) or disease in a healthy person will be able to cure these symptoms in a disease state.
- The body has a wisdom and disease is an attempt for the body to produce homeostasis or a balance.

## Example: When a person develops a fever

- A homeopathic remedy supports what the body needs to do to achieve homeostasis.
- Traditional medicine treats with opposites so a person will receive a medication to lower the fever- a opposite affect.

## But this goes against the bodies wisdom in trying to achieve a balance.

- It does not heal but simply suppresses the symptoms
- Does not treat the underlying problem.

## Examples



## It may seem very dangerous to give a substance that can cause the same symptoms.

- Wouldn't this cause an aggravation?
- Interestingly this approach helps the body achieve its goal of homeostasis.
- Once the homeopathic medicine begins to act the body no longer needs the symptoms or disease and the problem is eradicated.

## Homeopathic Provings

- Healthy individuals
- Substance unknown to provers
- Journal kept for several weeks
- Prover meeting to collect all symptoms
- Pathological changes are also documented

## Allen's Materia Medica



## The second law is Herrings Law.

- Three parts which deal with disease entering the body and leaving the body
- This states that the body acquires disease in a certain direction and then disease will leave in the opposite direction.

## 3 parts of Herrings Law

- Disease leaves from inside outward
- Top to bottom
- Reverse order of the disease.

## Example of Herrings Law

- For example patients with skin disease who are treated with steroids with often develop asthma. The disease is pushed deeper into the body leading to a more serious disease. When this same person is treated homeopathically the asthma will improve but the skin condition will return.

## The last law is the Law of dilution.

- This for most people is the most difficult to understand.
- Homeopathic remedies are diluted to infinitesimal dilutions.
- How can they work?

### Dilution and Potency

Dilution	Potency
1:100	1C
1:1000	2C
1:10000	3C
1:100000	4C
1:10(200)	200C

BENVENISTE J. "Human basophil degranulation triggered by very dilute antiserum against IgE" Nature 1988; 333:816-818.

- Duplicated at 6 major European Universities
- Dilutions of anti- IgE from  $1 \times 10(2)$  to  $1 \times 10(120)$
- Over this range there are successive peaks of degranulation from 40 to 60% of basophiles despite the calculated absence of IgE
- Transmission of the biological information could be related to the molecular organization of water

## Isn't Homeopathy a Placebo Response?

REILLY DT. "Is Homeopathy a placebo response?" Lancet 1986; Oct: 881-886.bb

- 144 Patients with Active Hayfever
- Randomized, double blind, placebo controlled study
- Showed that Homeopathy is not just a placebo response

KLEIJNEN J. "Clinical trails of homeopathy" British Medical Journal 1991; 302: 316-323.

- Reviewed a total of 107 controlled Homeopathic studies from 1966 to 1990
- 81 showed positive results
- 14 out of 16 showed greater success in patients given Homeopathic medication

JACOBS J. "Treatment of acute childhood diarrhea with homeopathic medicine" Pediatrics 1994;93: 719-725.

- Randomized double blind clinical trail
- 81 children in the study
- Treatment group had statistically significant decrease in duration of diarrhea

REILLY DT "Is evidence for Homeopathy reproducible?" Lancet 1994; Dec: 3-8.

- Double blind study
- 28 allergic asthma suffers
- Patients receiving homeopathic treatment reported a significant improvement compared to placebo

## Treatment of Eye Disease Based on Homeopathic Principles

### Remember the Law of Similars.

- We select homeopathic remedies that produce the same action as the disease.
- We want the homeopathic remedy to act as a gentle catalyst to restore the body to homeostasis

### Why?

- The disease is being treated with opposites
- This causes the disease to be pushed deeper in the body.
- This will result in a more serious eye problem

There are two homeopathic approaches to viewing eye disease based on the law of similars.

- The first is to look at substances that produce similar pathology
- These would be substances that cause a loss of vision, elevation of eye pressure and substances that cause atrophy or damage to the optic nerve.

### The Homeopathic Treatment of Incipient Senile Cataract, with Tabulated Results of One Hundred Cases

- A. B. Norton, MD
- North American Journal of Homeopathy
- 1891





## Retrospective Study

- 295 Patients
- 100 Patients under treatment for greater than 3 months

## Results

- Improvement in 58% of cases
- No change in 42%
- Remarkable since cataracts do not improve over time!

## Top 3 remedies in Norton's Study

- |             |        |
|-------------|--------|
| • Causticum | 64/100 |
| • Calc-p    | 15/100 |
| • Sepia     | 9/100  |

## Similasan Eye Drop Study Mark Abelson, MD

- Homeopathic Ingredients: Apis, Euphrasia and Sabadilla
- 32 Patients with ocular allergies
- Double blind
- Significant reduction in signs and symptoms

## Publications/Presentations

- Homeopathy in the Treatment of Macular Degeneration, New England Journal of Homeopathy, Jan. 2000.
- Homeopathy in the Treatment of Chronic Eye Disease. American College of Alternative Medicine. Nov. 2001

## Cases

### Central Artery Occlusion

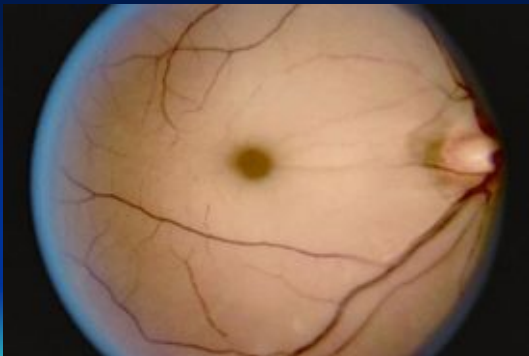
- A 57 year old radiologist presented with a history of a sudden onset of blindness of the left eye
- He is very loquacious with pressured speech.
- He gets mad very easily and he can't stand rudeness.
- He also has the peculiar symptom that the vision is better in a dark room and worse in the light.

### Medical history

- Positive for a 5 year history of insulin dependent diabetes.

### Physical exam

- Vision of 20/40 in the right eye and bare light perception in the left eye.
- There is no afferent pupillary light defect.
- Left pupil is slightly larger.



### Homeopathic Treatment

- Bothrops 12C BID was prescribed.
- The patient had complete return of vision in 3 days and is doing well 2 years later.

"This remedy, together with Lachesis, Arnica, Latrodectus mactans and Lycopodium should be our main remedies for coping with the first hours following heart infarcts and brain thrombosis. Amaurosis is a strong symptom; day blindness - can scarcely see her way after sunrise"

**-George Vithoulkas**

## RR 78 year old female

- Macular degeneration
- Cataracts
- Balance problem.

## Symptoms

- Vision is very dim and she has trouble reading and dancing.
- The vertigo and ringing in the ears.
- She is so weak that her arms and legs shake.
- **An important aspect of her life was Ballroom dancing.**
- Her sexual drive was never very high.

## Physical Exam

- 20/300 right eye, 3/100 left eye
- Advanced cataracts in both eyes
- Myopic degeneration with atrophic changes in her retina

## Homeopathic Treatment

- According to A. B. Norton in his article "The Homeopathic Treatment of Incipient Senile Cataract" Sepia is the number one remedy to think of in females with advanced cataracts.
- Sep LM1

## 8 month follow up

- She can read the menu! 70% improvement in her vision
- Street signs are becoming clearer- colors are vivid
- No more dizziness- stronger and confident walking- back to dancing!
- No more ringing in her ears
- PE- vision is now 20/200 OU

## Top 12 Homeopathic Remedies for the Eye

- Arnica
- Aconite
- Belladonna
- Euphrasia
- Mercurious
- Phosphorus
- Rhus Toxicodendron
- Ruta
- Symphytum
- Silica
- Staphysagria
- Sulphur

## Arnica

- Number one remedy for trauma
- Subconjunctival Hemorrhage
- Ecchymosis; from coughing.
- Retinal hemorrhage.
- Inflammation and pain agg. heat.

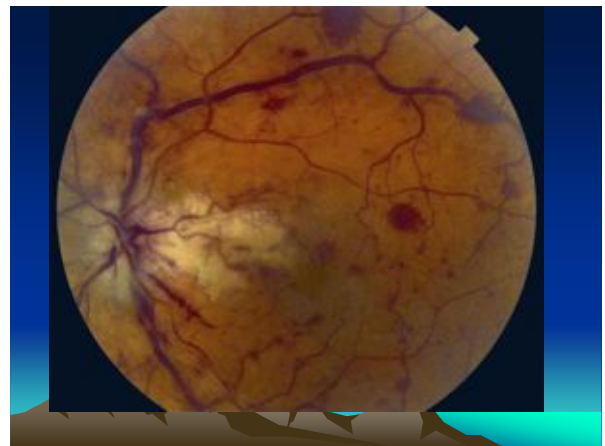


## Aconite

- Conjunctivitis from cold, dry wind, reflection of snow. Post excimer laser inflammation
- Inflammations from injury (Symph.).
- - Hot and dry. Red conjunctiva of lids. Profuse watering.
- - Photophobia from sunlight
- - Loss of vision after fright, very cold or hot weather.

## Belladonna

- Sudden onset of inflammation, pupils dilated and sluggish
- Elevation of IOP (glaucoma)
- Retinal congestion- Venous stasis retinopathy
- Optic neuritis and iritis
- Flushed face and ocular proptosis
- Photophobia.



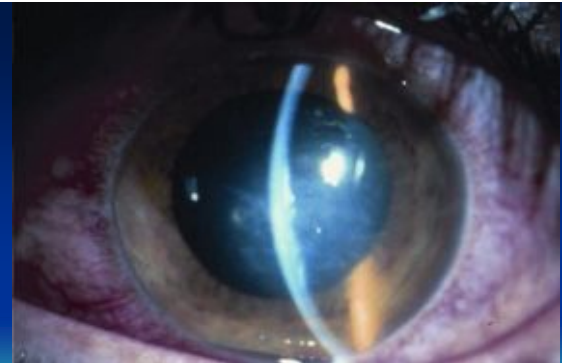


## Euphrasia

- Constant acrid lacrymation, agg. wind (Puls).
- Burning, swelling, and agglutination of lids. Margins itching and burning.
- Foreign body sensation in the eyes-
- Sticky mucous on cornea, constant blinking.
- Thick acrid discharges (Merc. Is thin)
- Photophobia.

## Mercurius

- Every cold settles in the eye
- Upper lid thick and red
- Thin acrid discharges
- Vascular keratitis
- Kerato-iritis, retinitis, choroiditis, optic neuritis
- Tearing burning pains not limited to eye extending to forehead



## Phosphorus

- Glaucoma.
- Lights and hallucination of vision.
- Objects look red. Floaters
- Hemeralopia- day blindness.
- Hyperemia of retina, choroid, optic nerve
- Atrophy and paralysis of optic nerve.
- Diabetic retinopathy

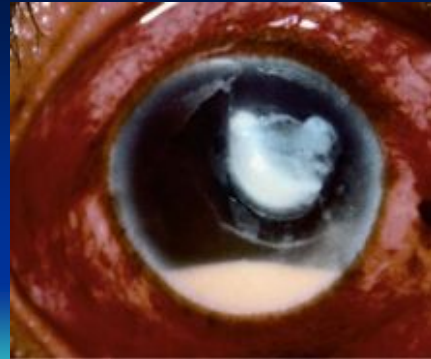
## Pulsatilla

- Conjunctivitis, allergies.
- Burning and itching amel. rubbing.
- Pain, itching amel. cold application (Sulph).
- Obstruction of lacrimal duct.
- Yellow-greenish discharge, bland and perfuse (Kali-s, Sil).
- Styes (Staph).



## Rhus Toxicodendron

- Lids inflamed, agglutinated and swollen.
- Upon opening the lids tears or puss gush out.
- Iritis, rheumatic, agg. cold, dampness. Ulceration of cornea.
- Orbital cellulitis and and panophthalmitis
- Suppurative conditions.



## Ruta

- Ailments from straining the eyes (Phys, Nat-m, Onos), esp. from fine work, agg. exertion of vision.
- Stiffness of eye-muscles.
- Conjunctivitis, pain and heat, as if eyes of fire.
- Disturbances of accommodation (Phys).

## Silica

- Inflammation and obstruction of lachrymal duct.
- Styes.
- Very sensitive to the cold- especially the head
- Ulcer and abscess of cornea.
- Wounds heal slowly

## Symphytum

- Arnica of the eye
- Injuries to the eye
- Desire to rub eyes after an injury
- Pain after an injury with a sore
- Cataract after an injury to the eye



## Staphysagria

- STYES which leave small hardened spots.
- Photophobia.
- Iritis.
- Lacerated or incised wounds



## Sulphur

- Conjunctivitis with sensation of "sand in the eyes".
- Amel. Cold applications.
- Blepharitis. Margins of eye are red.
- Iritis.
- Purulent discharge. Agglutination in the morning on waking.
- Disturbances of vision before headache.

## Summary

- Increase incidence of eye disease is related to suppression
- Need to understand this and Herrings Law when treating eye disease
- The eye is derived from the neuro-ectoderm so skin section in the repertory can be helpful
- Homeopathy is very valuable in the treatment of eye disease

## Homeopathic Education

- National Center of Homeopathy
- <http://www.homeopathic.org/>
- Council Of Homeopathic Certification
- <http://www.homeopathicdirectory.com/>
- American Institute of Homeopathy
- <http://www.homeopathyusa.org/>

## Books

- Homeopathic Educational Services
- <http://www.homeopathic.com/>
- Minimum Price Books
- <http://www.minimum.com/>

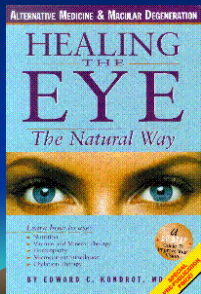
## Homeopathic Remedies

- Hahnemann Pharmacy
- <http://www.hahnemannlabs.com/>
- Washington Pharmacy
- <http://www.homeopathyworks.com/>
- Natural Health Supply
- <http://a2zhomeopathy.com/>



## Healing the Eye the Natural Way

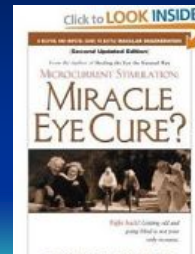
Edward C. Kondrot, MD



- 12 steps to better vision
- Nutrition and vitamins
- Chelation Therapy
- Microcurrent Stimulation
- Homeopathy

## Microcurrent Stimulation: Miracle Eye Cure?

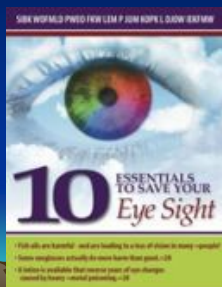
Edward Kondrot, MD



- Learn how microcurrent can improve your vision
- And treat serious eye problems

## 10 Essentials to Save Your Vision!

Edward C. Kondrot, MD



- To be released Summer 2012

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