

The reform of homeopathy. An imperative scientific work that may be the most important achievement in 21st century medicine

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Abstract

Designing homeopathy as a therapeutic method, an explicable option given the medical knowledge of the times it was discovered, was a major obstacle for further logical developments. Many years passed and the feature of homeopathy was stagnation. In the 21st century, homeopathic practice levels are close to those of its beginnings.

In contrast, in the 200 years that have passed since the beginning of homeopathy, the sister allopathic therapeutic method, born at the same time, has evolved tremendously, based on the existence of the science of allopathic medicine, Pharmacology.

Sooner or later, homeopathy will have to follow the path of allopathy and become into a modern medical science, instead of simply a therapeutic method and alternative medicine. This will be possible only by following the path of a science of the drug. It will mean a genuine reform whose consequences will be of major importance for the health of humanity.

Keywords: Homeopathy, Pharmacology, allopathic medicine, homeopathic drug

Rezumat

Conceperea homeopatiei ca o metoda terapeutica, optiune explicabila avand in vedere nivelul cunostintelor medicale ale epocii cand a fost descoperita, a reprezentat o frana puternica in calea unei evolutii logice ulterioare. Au trecut multi ani si caracteristica homeopatiei a fost stagnarea. In secolul XXI nivelul practicii homeopate este apropiat de cel al inceputului ei.

In contrast, in cei 200 de ani care au trecut de la inceputurile homeopatiei, alopatia, metoda terapeutica sora, nascuta in acelasi timp, a evoluat enorm, bazandu-se pe existenta unei stiinte a medicamentului alopat, Farmacologia.

Mai de vreme sau mai tarziu, homeopatia va trebui sa urmeze calea alopatiei si sa devina, din metoda terapeutica si medicina alternativa, o stiinta medicala moderna, fapt

posibil numai prin urmarea caii unei stiinte a medicamentului. Aceasta va insemna realizarea unei veritabile reforme ale carei consecinte vor fi de importanta majora pentru sanatatea umanitatii.

Cuvinte cheie: Farmacologie, Medicament homeopat, Alopatie, Homeopatie

INTRODUCTION

Homeopathy, one of the greatest medical discoveries of all time

German physician Samuel Hahnemann made one of the greatest medical discoveries of all time. I make this statement considering three undeniable arguments.

First, Hahnemann discovered the existence of the second type of drugs, called homeopathic. Until him, only allopathic medicines were used, so called later. The two types of drugs are the only ones that can exist on planet earth, according to the laws of nature.

Secondly, we consider that the drugs are the main therapeutic tools and indispensable to all clinical medical sciences. Without drugs, clinical medicine practice would remain purposeless.

And third, drugs are used as research tools, like chemical scalpels that could penetrate the privacy of vital processes, enabling the transition of medicine from the whole body level, since Hahnemann's period, to 21st century cellular and molecular medicine. Numerous physiological and pathophysiological mechanisms were discovered using drugs.

What is homeopathy

Homeopathy is a therapeutic method based on the law of similitude, treating pathological symptoms, the homeopathic drug representing the tool

used. Another possible therapeutic method is allopathy, to which homeopathy is usually compared to. Allopathy is a therapeutic method based on the law of opposites, treating nosological entities established on pathophysiological criteria, with allopathic medicine as a tool used in ponderal doses.

How homeopathy was conceived

Homeopathy was conceived by Hahnemann at the end of the 18th century as a therapeutic method, as he was unhappy with therapeutic means of the period. This option resulted in the evolution of homeopathy until today due to the influence of two groups of factors. One factor was the author's choice itself. The second factor was the attitude of Hahnemann followers towards the discovery of their master. The cult for his ideas reached the highest standards possible. Thus, from the beginning until today, homeopathy was encased between insurmountable limits, which meant a stagnation sentence, that lasts for over 200 years. Compared to the thinking of official medicine, homeopathic thinking is a simplistic, elementary. Only deductive reasoning sketches are used and calls excessively on memory. The homeopathic therapeutic practice is an expression of the early phase of medical practice. This explains why, in some countries, homeopathy is practiced by persons who are not qualified in medicine. In the future, classical homeopathic thinking

should be replaced by medical thinking, pharmacological thinking, and the elementary homeopathic therapeutic practice replaced with rational, scientific medical practice.

It is well known that, excluding some isolated, unfortunate cases, in all branches of scientific knowledge, there have been permanent discoveries of new phenomena and new laws that have changed people's lives ceaselessly. In all branches of medicine, both basic and clinical, the novelty pace was always alert. Among the most dynamic ones, was the drug domain, Pharmacology. In this context, even more striking is the case of homeopathy, which remained in the early years, entrenched in traditionalism; there is no other branch in the history of medicine with a comparable situation. It is incomprehensible how 21st century homeopaths fail to understand this more than obvious truth.

How can Hahnemann's option be explained

If we point our thoughts in the years when Hahnemann discovered homeopathy, when there was none of the modern medical sciences, we shall understand that Hahnemann's option for the category of "therapeutic approach" was the only one possible. The end of the 18th century was the end of a long period in the history of medicine, in which disease treatment goals were the therapeutic methods. In Hahnemann's lifetime, the therapeutic means were bleeding, leeches, bladder, gargles, emollient poultices, diaforeticele, laxatives, enemas, etc.. As a medical practitioner, interested in therapeutics but thwarted by the medical knowledge limits of his time, and boosted by the genius that was provided, to scrutinize the future, Hahnemann could not

consider his discovery otherwise than as a therapeutic method.

How did the drug domain evolve

Homeopathy and allopathy were born from the stem of medicine, almost the same historical period. They were derived from *Materia Medica* ("medicinal substances"), a branch of medicine from the 18th century. This included a description of plant drugs (mainly) and animal drugs (a few) that were used empirically in that time, their origin, macroscopic description, composition (little known), some effects and uses. Subsequently, evolving and joining in the rigors of science, *Materia Medica* was transformed into Pharmacognosy (a pharmaceutical science) and Phytotherapy.

After discovering homeopathy, allopathy as a therapeutic method already existing in empirical form, developed rapidly assimilating the advances of fundamental and medical sciences, themselves nascent and growing. The scientific basis of allopathy, pharmacology, a medical science, existing since the second half of the nineteenth century, gradually but fairly rapidly passed from the whole plant study to plants total extracts, then the isolation, purification and determination of the chemical structures of active substances from extracts (*active principles*), introducing them in therapeutics as pure substances, obtaining chemical synthesis, first using the model of natural substances and subsequently by structural analogies and currently obtaining drugs through biotechnology. In this way, allopathic pharmacology is a modern medical science that dominates drug therapy (pharmacotherapy) in all clinical specialties of medicine.

Meanwhile, more than 200 years later, homeopathy has not evolved and remained an "alternative medicine", specifically, tolerated outside of medicine. It has kept unchanged some of the fundamental ideas that were very valuable in the establishment times, but they should have been adapted, alongside the evolution of sciences. These ideas became dogmas, with a significant share in the stagnation of homeopathy. Homeopaths' attitude towards progress was so categorical, it was not ignorance or carelessness, they were not able to find suitable names for homeopathy content. An illustrative example: they continued to use the term "*Materia Medica*", obviously unsuitable.

It might sound strange, in the 21st century there was no other case in any branch of human activity, except homeopathy, that the beginnings commenced 200 years before, would have remained unchanged by the evolution of ideas. In all areas, the rule for survival was the discovery of new ideas and facts, new laws of nature and new relationships between phenomena. In other words, all areas knew progress, more or less rapidly. Only homeopathy didn't accept this progress, in a deliberate and assumed responsibility in those 200 years.

Viewed and compared today, the two therapeutic methods are significantly different. Allopathy is a complete, a mature pharmacological practice and a pharmacotherapeutic method, updated with the latest and most advanced discoveries in fundamental and medical sciences, while homeopathy is an incomplete, an immature pharmacologic practice and pharmacotherapeutic method, with archaisms, inconsistencies and controversy, with essential major gaps, in terms of modern medicine, far

from the current level of the medical sciences. These shortcomings could have led to the disappearance of homeopathy. Its survival has only one explanation, the remarkable efficacy of the homeopathic remedies, which allowed it to overtake its negative sides. This is a real testament to the value and sustainability of homeopathy. It should also be noted that removing shortcomings by building homeopathic pharmacology will allow to obtain surprisingly good results, unimaginable today without modern homeopathy.

After 200 years of existence, together but separate, competing even, the time has come to be noted that due to the uneven evolution, at the beginning of 21st century, allopathy is hyperdeveloped, while homeopathy is underdeveloped. The level of comparison between the two methods may be illustrated by relating allopathy to the modern consumer society and homeopathy to one of the underdeveloped societies. In both cases, the multiple negative aspects are due to a lack of logical thinking and control of exclusively scientific evolving criteria.

How should homeopathy be considered in the 21st century and from then on

The fundamental idea relates to the organic, existential, link between the drug and homeopathy. The drug is the *sine qua non* of the existence of homeopathy. Without medicines, homeopathy can not exist. The drug is in the center of all components of homeopathy. Since all the knowledge that define homeopathy depends on it.

The title of Hahnemann's first communication in Hufeland's Journal (1796) was " **Essay on a new principle**

for discovering the healing virtues of medicinal substances". The new principle is the law of similitude. No need for any effort to realize that Hahnemann has not linked the discovery to any body structures (anatomy) nor any of its functions (physiology) but to "medicinal substances" which were to be named later drugs. If this undeniable truth is understood, it is absolutely clear that the **law of similitude can only be a law of the drug, therefore of pharmacology.** It is surprising that the discovery of the second type of drugs went unnoticed until the 21st century.

To solve the problem correctly, "how homeopathy should be considered in the 21st century", it is imperative to start from the idea that, in general, the scientific discoveries of a particular historical moment, cover two components: the discovery itself, of a new law of nature or a new natural phenomenon, unknown until then, so updates in knowledge and interpretation that carry the strong fingerprint of the levels achieved in the field of human knowledge at the time. These two components have clear different worth. The discovery, expressing a natural law or phenomena that represent objective entities, permanently existing, independent to the knowledge or will of the people, immutable, strictly fixed, unchanging, perennial, are intended to remain permanently unchanged in the heritage of science. Interpretations, depending on the temporary level of knowledge, a level that is constantly changing and renewed, are intended to be replaced over and over. Both the findings and their interpretations have in common that, in a given historical moment, can form the basis of theoretical ideas and especially of decisions, actions and tangible achievements. Over the years, the

destiny of the two components and their derivatives is significantly different. Findings prove their sustainability while interpretations are intended inevitably to renewal or disappearance.

Homeopathy has made an exception to the above rules. A perennial treated as Both Hahnemann's discoveries, which corresponded to the immutable laws of nature as well as the interpretations that reflected the medical knowledge of the time and who later changed radically, have been treated as perennial.

Other arguments concerning the close connection between the drug and homeopathy will be discussed in an article intended to demonstrate the idea that Hahnemann was a visionary pharmacologist.

Based on these arguments, the total lack of proper guidance and vision of homeopaths for the last two centuries can be criticized. After the appearance of pharmacology at the end of the 19th century, any homeopath should have considered the homeopathic therapeutic method belonging to pharmacology. The lack of logical thinking and imagination result, even in the 21st century, in an absence of understanding for the homeopaths of the link between homeopathy and pharmacology.

Although this is a late stage, the time to reform homeopathy has come, only way to put homeopathy in the place it naturally deserves, based on the laws of nature, that of medical science, the science of the homeopathic drug.

Accepting the concept that homeopathy is part of homeopathic pharmacology, is the only solution that could free homeopathy of the unwise burden of being considered as an alternative or complementary medicine. Homeopathic medicines can be studied and known by all the defining concept of the drug, by analogy with allopathic

medicines. Unprecedented large scale research will be needed for studying homeopathic medicines from the point of view of the six branches of pharmacology, in order to reach a level of knowledge comparable to that of allopathic pharmacology.

After the fully deserved acceptance, homeopathic pharmacology should be taught in all the faculties of medicine and pharmacy in the world, receiving equal status to allopathic pharmacology. This way, all physicians and pharmacists graduates should be recommended for all patients in ambulatory and hospital, both allopathic and homeopathic medicines, without distinction, based solely on scientific arguments.

What should be accomplished through homeopathy reform

The major requirement is changing from the current incomplete, immature therapeutic method, to a complete, mature homeopathic pharmacology medical science. It is imperative that, keeping everything reliable in classical homeopathy, which corresponds to only two branches of medical science (pharmacotoxicology and pharmacotherapy) to switch to modern homeopathy, with all six branches of the

science of the drug (pharmacokinetics, pharmacodynamics, pharmacography, pharmacoepidemiology).

As a measure of the utmost importance, for cleaning homeopathy from the huge ballast that unnecessarily overload it, a revision of all existing provings is necessary, as they contain only 20% reliable data, as well as developing homeopathic pharmacology that would encompass only the reliable, scientifically proven provings.

Other important actions and activities will be needed for achieving a large-scale target such as the reform of homeopathy. Many of these actions and activities could be achieved under optimal conditions if an international Institute of homeopathic Pharmacology would be established. A distinct article will be written on this subject.

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