

Homeopathic Consultation

This is the most important part of the homeopathic treatment. The initial consultation takes approximately 2 hours to gather the **individual characteristics** of the complaint as well as the patient such as appetite, cravings and aversions, perspiration, bowel habits, temperature preferences, hormonal functions, sleep, dreams, and most of all, emotional temperament followed by the careful analysis and choice of a suitable homeopathic remedy. The past history of the patient and their family members is also carefully analyzed to make the assessment complete. The choice of homeopathic remedy is merely the first step in the process of the treatment.

The shorter follow-up assessments are scheduled 4-6 weeks apart to evaluate, assess and monitor the progress of the patient's health during the homeopathic treatment. These consultations are approximately 20-40 minutes long to go over all the changes in patient's complaints, health as well as situation in life. The frequency of these evaluations decreases as the patient progresses on the path of recovery and health.

Some patients, though conscious that their condition is perilous, recover their health simply by contentment with the goodness of the physician.

- Hippocrates, (400 B.C.)

Safety of Homeopathic Treatment

Homeopathic treatment is extremely safe, gentle, and without any side effects even for small babies and pregnant women, because the remedies are highly diluted. If a remedy is chosen properly on the basis of Law of Similars, treatment will result in cure, but an incorrectly chosen remedy will have no adverse effect at all, because it is not resonating at the proper frequency with the patient's Life/Vital Force.

Absence of symptom may give a false perception of health. The goal is to achieve total health, not a mere absence of symptoms. Total Health is a state without compromise; a state that is dynamic and free of rigidity at all levels - mental, emotional and physical. We must strive for health without compromise and must never settle for a life with 'disease under control'.

**-Sadhna Thakkar , BHMS
(Ind.), CCH**

SadhnaThakkar, is a distinguished homeopath, an internationally recognized teacher, and a gifted author. A homeopathic medical graduate from University of Bombay, India, Sadhna is a certified practitioner of Classical Homeopathy in North America and an honorary member of the California Homeopathic Medical Society in the US. She is the founder of the Homeopathy Health Care and past president of North American Society of Homeopaths. Her twenty-five years of experience includes a very busy classical homeopathic practice in the US along with working in a homeopathic hospital as a resident homeopathic doctor.

Sadhna's dedication and commitment to healing in addition to her extensive training and experience has facilitated her to help heal the suffering of her patients consistently. Families and individuals from all walks of life, from far distances, and with variety of illnesses have attained the highest level of health through Sadhna's expert homeopathic advice.

As a distinguished practitioner of classical homeopathy, Sadhna's is known amongst her patients for her exceptional insight and non-judgmental presence in their healing process while providing compassionate, empathetic, and free-flowing support. She strongly believes in these core qualities. Her firm grasp of homeopathic principles, comprehensive knowledge of health and healing coupled with a deep insightful understanding of the human existence affirms her faith in healing capabilities of life force while truly creating an equal partnership with each of her patients allowing them to heal and experience health at all levels.

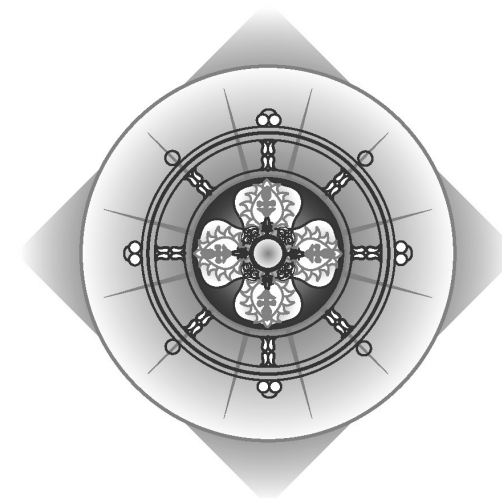
Sadhna emphasizes family's health over individual health as she believes that the health of the immediate environment is imperative for the consistent well-being of an individual. Moreover, Sadhna believes strongly that a just like health of all individual organs is vital for the overall health of the individual, harmonious and healthy family breeds healthy individuals. Hence, Sadhna's true passion lies in helping children, since children are the future of our society.

The individual, not the disease, is the entity"

- Sir William Osler

Sadhna is also a master at teaching homeopathy. Sadhna's teaching experience includes training practitioners of all levels in various parts of the United States, Canada, Switzerland, Egypt, India, and various conferences. Sadhna has also authored and published many articles in various national & international journals. Her recently published book **Insights into Consciousness of Snake Remedies**, has received raving reviews from leading international homeopathic journals, along with students and practitioners around the world. Sadhna is currently involved in writing her second book, **The Simple Truth** while maintaining a busy homeopathic practice from her offices in Thousand Oaks and Santa Monica, California.

Healing with Homeopathy



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Homeopathic Treatment

Homeopathic treatment is a two-fold process - **constitutional** for chronic and recurring ailments and **acute** for illnesses of acute nature. Constitutional treatment refers to treating people with chronic diseases as well as those with inherent tendencies and susceptibilities towards recurring illnesses. Most patients seek homeopathy for chronic complaints that have failed to respond to conventional medications.

To name a few chronic conditions successfully responding to the homeopathic treatment are *allergies, asthma, recurrent respiratory infections, ADD/ADHD, Spectrum Disorders, developmental disorders such as Asperger and Autism, recurrent ear infections, migraines, sinus infections, reflux esophagitis/acid reflux, irritable bowel syndrome, Crohn's Disease, Ulcerative Colitis, menstrual irregularities, puberty and menopause related complaints, thyroid problems, growth disorders, chronic yeast infections, chronic and recurrent bladder infections, neuralgias, nervous disorders, depressive and anxiety disorders, insomnia, eczema, psoriasis, rosacea, acne, neuro-dermatitis, and vitelligo*.

True acute ailments are generally self-limiting in nature, nevertheless, they tap into and often drain the immune system. Moreover, acute illnesses often worsen the condition of patients with pre-existing chronic illness. Hence prompt treatment of acute illnesses is imperative during a constitutional homeopathic treatment. Homeopathic remedies remove acute ailments promptly often providing quicker, more efficient relief without side-effects than many conventional drugs. For example, homeopathic Apis, given for a bee sting, can take away the stinging pain and itching in a matter of few minutes, much quicker than a dose of Benadryl.

Recurring acute complaints are considered parts of chronic case management and may require both acute and chronic constitutional treatment. Most acute illnesses respond quickly, but recovery from chronic illnesses is almost always gradual.

While some homeopathic remedies can be used at home, constitutional treatments require supervision by a trained homeopathic practitioner for success. The complete homeopathic treatment (constitutional as well as acute) *increases the level of resistance, reduces susceptibility to illnesses, prevents occurrence of severe chronic diseases, and brings about a deep change in the whole person*. Most of all, it brings **health and harmonious balance at all levels of human existence**.

Homeopathy, as a result, gained momentum as one of the most effective system of medicine all over the world in past two centuries. Hundreds of thousands of homeopaths continue to enhance this natural system of medicine further through careful clinical observations and research and use it to relieve suffering and to enhance health of millions around the world.

Dosage

Contrary to the popular medical practice of "more is better", Hahnemann observed that the quantity substance required to enhance sickness artificially is extremely minute. Moreover, he noticed that the recovery was gentler and faster with decreasing dosage. Although this concept defies the medical world and puzzles skeptics, 'less is more' remains to be a common principle in Nature. A highly venomous snake has far potent venom requiring merely a drop to take life of its victim than a less venomous snake. Nuclear chemistry has also proven this concept demonstrating that the most powerful nuclear energy is emitted by the smallest part of the nucleus of atoms. Homeopathic remedy is manufactured based on these simple principles by diluting the substance multimillion times.

Mind and Body - A Single Unit

Hahnemann's next observation was that mind and body expressed the discomfort concurrently and homeopathically prepared

The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul. The greatest error of our day in the treatment of the human body that physicians separate the soul from the body.

- Plato (427-347 B.C.)

substance eliminated uncomfortable sensations and symptoms at both levels. This observation was an extremely vital discovery because it removed the myth that mind is the creator of the suffering of the body and explained the presence of strange sensations on mental plane with a physical illness. Thus removal of discomfort and illness at all levels became a crucial marker for defining success of homeopathic treatment.

The Vital Force

Hahnemann's single most ingenious contribution to the medical world was his understanding of **Vital Force**. Although a general awareness of the life force continues to exist from ancient times, this awareness wasn't extended in the medical and therapeutic field. Based on his observations and meticulous recording of thousands of patients over decades of his work, he was able to witness that both, the earliest sensations of illness as well as the mode and extent of response to the illness, are experienced at the level of life force or Vital Force, as he termed, beyond the level of mind and/or body. For example, if on ingesting spoiled food, the uneasiness and restlessness at a general level preceded the diarrhea and vomiting. Subsequent diarrhea and vomiting are the primary defense mechanisms to purge the spoiled food in the quickest manner. With this understanding, symptoms became part of the defense mechanism aimed at preserving the rest of the organism, rather than the terrible phenomena to be

Natural Forces within us are the true healers of the disease.
- Hippocrates 400B.C.

Principles and History of Homeopathy

Although the basic principle of homeopathy was observed throughout the history of medicine, a German physician **Samuel Hahnemann** accidentally stumbled upon this phenomenon in the early 1700's. After conducting scientific experiments, he developed it as a system of healing.

Homeopathy refers to homeos = similar and pathos = disease. It is based on the **Law of Similars** or like cures like. He observed that when any substance produces sickness in a healthy person, it is also capable of removing same sickness in a diseased person, provided it is administered in a highly diluted minute form. It would mean taking a minute dose of coffee to relax an extremely restless and sleepless person. The recent use of minute dose of stimulant to treat children with attention deficit disorder is based on the same concept. The life-saving use of anti-venom made from minute dose of the same snake venom is also a perfect example of this 'like cures like' principle.

Based upon results of thousands of experiments, Hahnemann proposed that the universal law, "every action has an equal and opposite reaction", is responsible for this phenomenon. He concluded that the sickness can be effectively removed in its entirety by evoking an equal and opposite response from the body towards an artificially enhanced sickness. The response from the body towards this increased illness will result in removing the natural sickness along with the artificial one. He also discovered that the quantity such substance required to enhance such artificial sickness is extremely minute.

The highest ideal of cure is rapid, gentle and permanent restoration of the health, or removal of the disease in its whole extent in the shortest, most reliable, and most harmless way, on easily comprehensible principles.

**- Dr. Samuel Hahnemann,
The Founder of Homeopathy**

Homeopathy

Homeopathy is a natural, safe, and gentle system of healing based on using minute 'homeopathic' doses to stimulate and encourage the natural healing systems of the body with a goal to bring harmonious balance between mind, body, and spirit. The human body, self-sufficient with its own healing mechanisms, is fully capable to repair and preserve its structure and functions. Homeopathy is designed to stimulate and support this self-healing property in the most gentle way.