

Classical homeopathy: modern trends

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"The highest and only prescription of a doctor is
to restore the patient's health or to heal, as it is usually called. "

S. Hahnemann,
"Organon of Medical Art"

SUMMARY

The article briefly describes the method of classical homeopathy, its laws, provides a position on the relationship of diseases in the human body. The modern trends and main foreign schools of classical homeopathy used in Russia are shown.

Hippocrates formulated two basic principles of the treatment of diseases: treatment with the opposite and treatment with a similar one. Later, especially after the works of Galen, the opposite treatment became the main dogma of medicine. This treatment turned out to be forgotten and was recreated at the end of the 18th century by the German physician and researcher Samuel Hahnemann in the form of a holistic therapeutic system called homeopathy. The main principles of homeopathy are the law of similarity, the principle of "small doses", testing homeopathic medicines on healthy volunteers (in order to study their medicinal properties) and the principle of "individual approach".

Classical homeopathy is a direction in homeopathy based on strict adherence to the principles laid down by the founder of the method, Samuel Hahnemann, and prescribing to prescribe only one drug at each stage of therapy. The direction is also called the unicist approach in homeopathy, in contrast to other approaches - pluralism and complexism.

THE LAW OF SIMILARITY IN CLASSICAL HOMEOPATHY

The Law of Similars is a fundamental principle of homeopathy. According to him a highly diluted substance (homeopathic medicine) is capable of eliminating those symptoms and the underlying pathophysiological and pathomorphological reactions that it itself can induce undiluted or at low dilutions in healthy volunteers. S. Hahnemann assumed that a homeopathic medicine, selected according to the law of similarity, would create an artificial disease in the body, similar to a natural one. Since two such diseases cannot exist in the body at the same time, the stronger one will replace the weaker one. The drug-induced artificial disease should be more severe. That is why, in most cases, the first sign that the medicine is selected correctly will be the intensification of the patient's symptoms after giving the homeopathic medicine.

homeopathic medicine is called primary drug exacerbation or primary drug reaction. An artificial disease created by a homeopathic medicine exists as long as the patient receives the medicine. This is due to the second principle of homeopathy - the principle of "high dilution", or, as it was called before, the principle of "small doses". Accordingly, as soon as the patient finishes taking the homeopathic remedy, the external stimuli that support the artificial disease will cease. As a result, the adaptive capabilities of the organism, called by S. Hahnemann the vital force, will prevail over the artificial disease. The latter disappears, and the body, in accordance with the principle of self-regulation, restores its homeostasis and becomes free from both natural and artificial disease.

Realization of the basic law of homeopathy requires establishing a similarity between a natural disease, which has developed in the patient's body, and an artificial disease, which is created by homeopathic medicine. Accordingly, the third principle of homeopathy acquires special significance - the obligatory test of homeopathic medications in healthy volunteers.

As a result of these tests, the symptom complexes of artificial diseases are revealed, designed to displace natural diseases while observing the law of similarity in their appointment. The totality of symptoms obtained when testing a homeopathic medicine on healthy volunteers is called medicinalpathogenesis.

When testing homeopathic medicines, as well as when using them for medicinal purposes, it was found that as the degree of dilution of the drug (homeopathic potency) increases, the number of persons who will respond to the medicine decreases. The set of characteristics that make it possible to single out those who are sensitive to this drug among all patients is called the "sensitive type".

In the "Organon of Medical Art" S. Hahnemann considered several options for the relationship of various diseases in one organism.

If a new dissimilar disease turns out to be stronger, then the disease, which the patient initially suffered as a weaker one, with the onset of a stronger one, will be removed and suppressed until the latter completes its cycle of development or is cured, and then the old disease will appear again untreated.

If two dissimilar diseases of equal strength occur simultaneously in one person, or especially if a previously existing disease turns out to be stronger, then the new disease is expelled from the body and does not cause its defeat (36 "Organon of the Art of Medicine" by S. Hahnemann).

S. Hahnemann describes the third variant of the relationship of dissimilar diseases in one organism as follows: disease and forms with it a complex disease, each of them has its own place in the body, affecting the most susceptible organs and areas belonging to it, leaving the rest to another dissimilar disease. " In modern terms, the syndrome of mutual burdening develops. S. Hahnemann emphasizes that if two diseases are dissimilar to each other, then they can neither eliminate nor heal each other.

If there are two similar diseases in the body, then they can neither suppress, nor temporarily suspend one another. Two similar diseases cannot coexist in the same organism or jointly form a doubled complex disease. In such cases, a more severe disease destroys a less severe one, since when exposed to the body it will affect exactly the same parts of the body as

a pre-existing less severe illness.

The relationship in the body of two similar diseases gave S. Hahnemann an explanation of the mechanism of action of the homeopathic medicine. This mechanism consists in the fact that a homeopathic preparation creates an artificial disease in the patient's body, which, as a stronger one, destroys a natural disease similar to it. After stopping the intake of the homeopathic medicine prescribed in adequate potency and dose, the artificial disease disappears and the patient recovers. As a result of hard work during 1816 and 1817, S. Hahnemann discovers patterns in the development of the pathological process in various groups of people and creates a theory of miasms.

Miasm in Greek means pollution. A person receives a miasmatic burden as a result of inheritance or acquires in the process of life. Miasms were the main etiological principle in the development of acute and chronic human diseases, as it were, an infectious principle.

Acute, subacute and chronic miasms were distinguished. Acute miasms included measles, scarlet fever, etc. Diseases caused by acute miasms could result in either recovery or death of the patient. Of the greatest interest were the chronic miasms, of which S. Hahnemann singled out three: psora, sycosis and syphilis. The miasms differed in their first manifestations. For Psora it was an itchy rash, for sycosis it was a cauliflower-shaped growth. They were localized mainly in the genital area. The syphilitic miasm had, as the first manifestations, a hard chancre in combination with inguinal lymphadenitis (bubo). Less commonly, there was inguinal lymphadenitis without chancre.

Returning to the structure of chronic pathology cited by S. Hahnemann, we note once again that the psoric miasm caused the development of all non-venereal diseases, which accounted for 7/8 of cases of all chronic pathology. 1/8 accounted for sycosis, syphilis and their various combinations with psora and with each other. Thus, psora was recognized as the leading miasm, the cause of all chronic non-venereal pathology.

S. Hahnemann's development of the miasmatic theory of chronic diseases has largely changed the methodology of prescribing homeopathic medicines. If before that only the symptoms and other characteristics of the patient were taken into account at the MOMENT OF REFERRAL, then those symptoms that were in the past and reflected the EVOLUTION of miasmatic disease began to be taken into account.

Suppressive therapy has a great influence on the development of a general disease of the body. S. Hahnemann emphasized that prescribing a medicine based on symptoms resulting from suppressive therapy would not lead to a positive result. To achieve the latter, the drug should be prescribed according to the similarity of symptoms that occurred before the start of suppressive therapy. At the same time, their absence at the moment does not matter.

It is important to note that in the theory of miasms, psora, sycosis and syphilis do not mean the corresponding nosological units (scabies, gonorrhea and syphilis), but certain models of the development of the pathological process. The miasm theory was also the first classification of homeopathic medicines. S. Hahnemann divided the existing homeopathic medicines into psoric, sycotic and syphilitic, taking into account the picture of medicinal pathogenesis.

After S. Hahnemann, with the development of homeopathy, the theory of miasms was revised many times.

The essence of the selection of a homeopathic remedy is to find a remedy, the *Materia Medica* of which most fully covers the basic set of symptoms, taking into account

the hierarchy of the latter. To accomplish this task, an intermediate stage was created between the base complex with hierarchically ordered symptoms and Materia Medica. Repertoria and the method of working with them, called repertorization, became such an intermediate stage. The Repertory is a homeopathic reference book of symptoms, where opposite each symptom are listed the remedies in which the symptom occurs in the Materia Medica.

The most popular are the J.T. Kent, K. Benninghausen's repertory, compiled by S.M. Boger, S.R. Fataka, O. Berike's repertory. At the present stage, synthetic repertoria have appeared: "Synthesis", ed. Fr. Schroens, Complete repertory ed. R. Van Zandvoort et al. Headings in the repertory can be arranged both in alphabetical order and in accordance with the structure chosen by the compiler of the repertory.

Most modern repertoria use the structure suggested by J.T. Kent. At the same time, it is believed that the Boger-Benninghausen repertory is more suitable for finding a cure for acute conditions.

Repertorization is the search for the most likely drugs using the repertory. The repertorization method is based on the principles that the doctor chose to compile the baseline and determine the hierarchy of symptoms in the process of analyzing the case of a particular patient.

Repertorization can be carried out both with the help of printed versions of the repertory, and with the help of appropriate computer programs. The most widely used programs in the world are Radar and MacRepertory. Among the Russian-language programs, "Rainbow" and "Homeopath-Classic" are popular.

ASSESSMENT OF THE EFFECTIVENESS OF HOMEOPATHIC TREATMENT. HERING'S LAW. SECOND PURPOSE

An important aspect of the work of a doctor using the method of classical homeopathy is the correct assessment of the changes that have occurred in the patient's body after giving the homeopathic preparation.

J. Vithoukas described twenty-two variants of a patient's response to a homeopathic medicine. The first criterion that the medicine is selected correctly, in the vast majority of cases, will be an increase in the patient's tone, his resistance to stressors and distressors, as well as the appearance and increase of desire for vigorous activity (physical, intellectual, creative, etc.).

If after giving homeopathic medicine the patient's tone decreases, his resistance to stress decreases, the desire for vigorous activity decreases and the "taste of life" disappears, then in the vast majority of cases this will indicate an incorrectly prescribed medicine, even if the local symptoms have regressed.

The second important criterion for a properly prescribed remedy is the primary drug reaction (primary drug exacerbation). S. Hahnemann emphasized that in order to cure a disease, a homeopathic medicine must create a stronger artificial disease in the body, similar to a natural disease. Accordingly, the disease created by the medicine, being stronger, when replacing such a natural disease, will manifest itself by an intensification of the symptoms of the patient's disease. At the same time, the sooner after taking the medicine there is a primary drug exacerbation, the more accurately the homeopathic preparation is selected.

In some cases with mild diseases and with a high accuracy of the choice of potency and dose of the drug, the primary drug reaction may be invisible to the patient. If the use of the homeopathic method is palliative, then

the absence of a primary drug reaction is acceptable,

The third important criterion is the very sequence of disappearancesymptoms and underlying pathological changes in the process of homeopathic therapy. The basic laws of the healing process were brought together in the so-called Hering's law. In accordance with this law, the healing process goes on:

1) from top to bottom. For example, after taking a homeopathic remedy, they first passed eczematous eruptions on the face, then on the hands, then on the legs. It is important to note that this process resembles wave propagation;

2) from the inside out. For example, a patient presented with gastritis and neurodermatitis. After the homeopathic remedy, the symptoms of gastritis first go away, and then - neurodermatitis. This process also resembles the propagation of a wave, First there is an increase in the symptoms of gastritis, then the symptoms of gastritis go away, and the reaction wave spreads to the skin, causing an exacerbation of neurodermatitis; then neurodermatitis disappears;

3) in the reverse order of the development of diseases and their symptoms. It means that the symptomatology and underlying pathological changes go in the sequence opposite to their occurrence;

4) in the direction from more functionally important organs and tissues to less important and from more severe diseases to lighter ones. The question is which organs are considered more important, which ones are less, is considered differently in different homeopathic schools. Thus, J. Vithoulkas proposes the following hierarchy of symptoms and diseases (in the direction from less significant to more significant). Physical level: skin diseases, muscle diseases, bone diseases, kidney diseases, lung diseases, liver diseases, endocrine diseases, heart diseases, brain diseases. Emotional level: dissatisfaction, irritability, anxiety, phobias, mental anguish, sadness, apathy, suicidal depression. Mental level: distraction, forgetfulness, loss of ability to concentrate, dullness, lethargy, illusions, paranoid ideas, destructive psychosis, complete confusion. All other things being equal, the disease first affects the physical level, then it goes to the emotional, and then to the mental. A deviation from this scheme is possible, but the disease will go from milder forms to more severe ones. For example, psoriasis developed after "successful" treatment of pneumonia, or severe renal amyloidosis developed after treatment of mild anxiety. We propose for consideration three main directions in classical homeopathy, which are most widespread in Russia at the present stage.

SCHOOL OF RAJAN SHANKARAN

A new systematic approach to the selection of a homeopathic medicine is presented to the reader's attention, which narrows the search corridor for medicines and helps to more accurately find medicines that are known and little known in homeopathic medicine.

This method of selecting a homeopathic medicine allows you to systematize the practical knowledge of homeopathy, correctly collect anamnesis, exclude the doctor's influence on the patient during the interview, and get more reliable mental symptoms associated with symptoms of the physical plane. The method provides a practical systematization of all knowledge of homeopathic medicine and brings homeopathy to the level of science.

The method is based on the definition of a deep vital feeling that every person has; this sensation is the equivalent of an energetic disturbance, vitality, which forms the manifold symptoms of the physical, mental and emotional body. It corresponds to the same violation in the source of preparation

a homeopathic remedy with which there is great agreement.

The vital sensation can be expressed in four different ways:

- 1) the literal sensation itself;
- 2) active reaction;
- 3) compensation;
- 4) passive reaction.

Each remedy has only one vital sensation, which is the deepest. The best place to look for a vital feeling in a patient is the main complaint.

When we focus our attention on the patient's main complaint, we can find some element that connects the physical and mental world.

The main complaint is the case base, and you need to investigate it until you have checked all of its components.

When defining vital sensation, the homeopathic physician must take into account many factors that help in defining vital sensation. These are the patient's reactions, which can be active, passive and compensated. For example, if the feeling of being caught and stuck, then the active reaction is the desire to move, the passive reaction is the inability to move, and compensation is the person is constantly on the road.

Modalities are the same language: if caught, then movement is better.

If the feeling is tight, then the modality is better when undressing or loose clothing. Modalities can validate feelings. A person is like the source of his homeopathic remedy.

In order to get to the vital sensation of a person and medicine, it is necessary to collect an anamnesis in a completely different way. When collecting an anamnesis, one must remember that the symptoms of the physical, emotional and mental planes correspond to each other at different levels and are related to each other.

Dr. Shankaran looks at 7 levels of symptoms.

The first level is name, title; allopathic medicine works at this level. The name is an allopathic diagnosis.

The second level is the fact, complaints and symptoms of the physical and mental plane, which the patient expresses to the doctor.

The third level is emotions on the main complaint that the patient presents to the doctor from the fact levels.

The fourth level - delusions on emotions about the main complaint; this includes both virtual and real dreams.

The fifth level is a vital sensation, which produces delusions, emotions, facts, reality in which the patient lives.

The sixth level is energy buildings. The seventh level is something outside of energy or behind it.

R. Shankaran's system helps not to fall into the traps of a large number of symptoms. Tools have appeared that, like a map and road signs, help in the search for such a medicine.

If you want to identify an unfamiliar plant, animal or any other object, each scientist begins his search, moving from the most general features of the subject to more specific ones. In this case, a set of constant characteristics is used, which are a classifier and allow you to build a system of this science,

In homeopathy, such a classifier can be the following characteristics,

1. The belonging of our patient to a certain miasm, which is determined based on the rate and speed of development of his illness and on the degree of despair with which

the patient perceives his condition. Dr. Shankaran developed 10 miasms.

2. The patient's belonging to a certain kingdom of nature. For every kingdom features are characteristic that characterize human behavior, his reactions to different life situations, etc.

A patient belonging to the mineral kingdom perceives his problem as a problem in the structure: whether it is related to his relationship or to his role - at the level of the profession or at the level of activity (performance).

The patient in the animal kingdom perceives his problems as a struggle for survival, associated with rivalry and a question of hierarchy.

The problem of the patient in the plant kingdom is his increased sensitivity to the world around him.

Within each kingdom there is a further natural division; for example, in the mineral kingdom, division into salts, which are characterized by relationship problems; metals, the problems of which are in the performance of the assumed role and in the level of their activity, etc.

There is also a subdivision according to the location of a certain element in the periodic system of Mendeleev.

Increased sensitivity in the plant kingdom is expressed in each of the available families by a certain sensation, which is called vital and can be traced in any area of a person's life, and is common to his mental and physical level.

The pictures of different drugs belonging to the same family differ from each other according to the miasm to which each one belongs.

The Miasms developed by R, Shankaran deal with the patient's response to a deep vital feeling that characterizes an energetic disturbance of the vital force.

10 miasms have been developed, of which 3 main ones are psora, syphilis and sycosis, and 7 intermediate ones.

Consider a miasma map.



ACUTE MIASM

The feeling that a very great danger is suddenly threatening, and the reaction to the feeling of mortal danger is instant, sharp and instinctive.

Preparations - Aconite, Belladonna, Arnica, Calendula, Chocolate, Hydrogen, Lithium carbonicum, etc.

The key word is panic.

TYPHOID MIASM

The sick feeling is to focus all the energy to get out of the situation in a limited time.

In the stage of success - intense efforts in a short time - something needs to be done, otherwise you will die.

At the stage of failure - collapse, lack of activity, refusal to fight, feeling immersion, lack of desire and desire to make efforts.

Preparations - Brionia, Nux vomica, Rustoke, Baptizia, Acidum sulfuricum.

PSORA

A sense of a difficult situation in which one must fight in order to achieve success.

Reaction is a long struggle to get well or to stay in position. The problem is presented to the solution - there is optimism that efforts are within the scope.

At the stage of success is the application of effort, to accomplish what needs to be done.

At the stage of failure - easy rejection, despair, if there is no recovery. And this is more superficial despair. It is not fatal to him.

Preparations - Sulfur, Psorinum, Lycopodium, Calcarea carbonica, etc.

The key word is fight.

SYCOSIS

In sycosis, there is still a feeling of some kind of inferiority, some kind of flaw that cannot be corrected, and you need to organize your life in such a way as to face this deficiency less.

At the stage of success - fix ideas and all sorts of ritual behavior.

In the stage of failure - guilt, remorse, self-reproach and a feeling of exposure. A picture of the miasm: a person who is engaged in some business, but without the appropriate qualifications, his approach - I am not able to change, but I will not let others see my weakness.

Preparations - Thuja, Medorrinum, Pulsatilla, Natrium Sulfuricum, Silica.

FUNGAL MIASM

Feeling that the situation is not easy to achieve. At the stage of success, there is an alternation of struggle and surrender.

At the stage of failure - giving up hope - no longer tries.

Approach: maybe there is a drawback, but I can overcome it, it is very difficult, but it is worth fighting and giving a chance.

Preparations - Calcarea silicate, Calcarea sulfurica, Magnesia sulfurica, Teukrium Dulcamara.

MALARIA MIASM

Quiet attacks in which there is a sense of acute danger.

At the stage of success - agreement with our limitations, we are trying with them fight, recurrent bouts of anger, paroxysm of rage.

In the stage of failure - nothing satisfies and everything is bad.

Preparations - China, Spigelia, Natrium mur, Colocynth, Kapsikum, Antimonium crudum.

TUBERCULIN MIASM

Feelings of depression and oppression with a desire for change.

Reaction to feeling - intense action, feverish, in different directions.

The tuberculin and typhoid miasms are similar, but the typhoid miasm goes into health, and the tuberculin miasm goes into illness, into a feeling of insufficiency and oppression.

At the stage of success - feverish activity; every effort must be made to change the situation and break out of it.

In the stage of failure - an energetically burnt-out person in destruction.

Preparations - Tuberculinum, Drozera, Calcareo phosphoricum. Bacillinum, Tarentula, insect preparations.

LEAN MIASM

Feelings of oppression, hopelessness, isolation, loneliness, a great desire for change.

It's like leprosy; a sense of lack of hope, isolation, the closest people left. At the stage of success - tries to avoid people, can be arrogant and contemptuous. At the stage of failure - suicide or murder; tearing itself apart, bites, despair. Preparations - Tsikuta, Sekale korn, Hura, Kokka, Aloe, Iodine,

CANCER MIASM

Feeling of weakness and inner insufficiency together with the need for a high level of activity. He needs to meet high expectations

Reaction - superhuman efforts, stretching oneself beyond one's capabilities and boundaries; and it is a constant struggle with no end in sight, life depends on this struggle, since failure is death.

In the stage of success - stretch yourself beyond the boundaries; control over yourself and others and perfection. Thoroughness, pedantry.

At the stage of failure - everything is out of control and unable to do anything.

SYPHILITIC MIASM

Failure, despair, suicide or murder, self-destruction, alcoholism, drugs, catatonic state, indifference.

Preparations - Merck. Sol. Aurum, Plumbum, Barite carb, Platinum, Clematis, Leptandra, Gepar sulf.

Thus, introducing the filters of the miasms and the kingdoms of nature at the level of vital sensation, the homeopathic physician can limit the search corridor for homeopathic remedies and come to the only remedy that will give complete similarity and, therefore, the maximum cure of the human life principle.

Both body and soul express the same vital problem.

Thus, by correctly collecting and assessing the anamnesis, the doctor gains access to the kingdom of nature and the patient's miasm, which makes it possible to significantly narrow the corridor of the search for homeopathic medicine: to take into repertorization at the deepest level the main symptoms of damage to the patient's vital force, go to the drug, maybe unknown or little-studied, explore it.

This approach allows you to come up with a medicine that is most similar to the disease of the patient's vital force.

APPROACH J. VITULKASA (GREECE)

J. Vithoukas uses the following approaches to prescribe a homeopathic medicine, which influences the hierarchy of symptoms.

The first approach is the principle of totality. It consists in the fact that the drug is prescribed according to the totality of all the symptoms the patient has.

The second approach is to choose a remedy according to the mental-emotional picture of the patient. For example, if a patient experiences the strongest anxiety about his health and his material well-being, while being pedantic, then he will be shown the drug *Arsenicum album*, since the latter corresponds to the indicated mental and emotional picture. Attaching great importance to the mental-emotional essence, *Vithoulkas* emphasizes the need to correlate it with physical symptoms, general and local.

The third strategy is to prescribe medication for key symptoms. Under key symptoms are understood as symptoms that are especially characteristic of a particular remedy, often serving as a compelling reason for prescribing the latter. For example, if the patient, after suffering grief, often sighs and has an aversion to fruit, then *Ignatia amara* is indicated for him.

The fourth approach is to prescribe a drug for etiology. For example, if since the patient has developed symptoms after physical trauma, *Arnica Montana* may be prescribed to him, as it is prone to physical trauma and its consequences.

The fifth approach is to prescribe a homeopathic remedy for essential symptoms. For example, a patient has left-sided sciatica, which is manifested by severe pain along the sciatic nerve, alternating with numbness. The alternation of sciatica pains with numbness is an essential symptom of *Gnaphalium*.

ETIOLOGICAL PRINCIPLE

Prescribing a homeopathic remedy based on the principle of etiology is primarily based on past trauma, illness, and other events rather than actual symptoms. Accordingly, when choosing a medicine, the tropism of the homeopathic preparation to certain etiological factors is taken into account.

It is known that *Arnica* eliminates symptoms that develop after physical trauma, even if they are absent in its pathogenesis. If the patient says that all his problems began after a sore throat (flu, etc.), which were treated in one way or another, then in such cases all the symptoms should be identified as fully as possible, and first of all unusual and special, which manifested the initial illness (sore throat, flu, etc.) before any treatment was started. The drug should be prescribed precisely for these symptoms. For example, a patient complains of weakness, dizziness, decreased resistance to physical activity, constant sore throat, constipation. All these symptoms bother him for two years and began after suffering a sore throat, which was cured with antibacterial drugs. With angina, an unusual symptom was observed: sore throat appeared on the right, then on the left, but not at the same time. This symptom is characteristic of *Lac caninum* (dog's milk), which has proven to be effective.

THE APPROACH OF PRAFULL WIJACK (INDIA)

Prafull Vijack's approach is to initially diagnose the dominant miasm. Further, he selects several strongly pronounced symptoms, often mental-emotional, characteristic of the dominant miasm. Then he takes into account the causal factor, general symptoms (thirst / lack of thirst, chilly / hot, etc.) and other mental and emotional characteristics (confident / insecure; diligent, diligent / restless, non-diligent; weak-willed / strong-willed, etc.). The remaining symptoms are of secondary importance.

Prafull Vijaka developed the theory of suppression of disease symptoms based on knowledge of human physiology and embryology. This knowledge enables the physician using

the method of classical homeopathy, to know exactly where the disease develops and where it is cured after prescribing a homeopathic remedy. This makes the method of classical homeopathy mathematically accurate in prescribing medicine.

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