## Prescribing classic homeopathic remedies using color A.P. Efimov (Moscow, Russia)

The correct prescription of classical homeopathic remedies (CGS) requires a good basic training in the field of homeopathy, considerable practical experience and time spent interviewing the patient, detailing complaints and interpreting them. With a significant workload at the reception, the doctor's fatigue also affects the effectiveness of the prescribed therapy.

An attempt was made to optimize the process of selecting a CGS using a vegetative resonance test, to reduce the time for choosing a CGS that gives a therapeutic effect.

The technique was used in the treatment of 400 patients, aged 4–86 years. Used equipment: "MINI-EXPERT-D" (VRT +), "IMEDIS-BRTPK" (set 2), "MINI-EXPERT-DT".

The color from the selector was selected as a filter for the selection of the CGS (scale: red, orange, yellow, green, cyan, blue, violet, white). The color was used on the assumption that different spectra of light radiation have a pronounced systemic effect on the human body at various levels of regulation: it affects the psycho-emotional status, metabolic processes, etc.

Classical homeopathic remedies were divided into groups according to their miasmatic affiliation in the same potencies from C3 to C1000. The composition of the groups was formed according to the data of G. Bentley.

A color was used as a filter, giving a change in the measuring level during direct testing, a deterioration in integrative indicators (Biological indices, Photonic indices, Adaptation reserves).

When filtering through a selected color, a group of drugs in the same potencies of a certain miasmatic group was first determined, then one drug was selected from this group, giving the restoration of the measuring level. The dosage was usually 1 globule. The frequency of admission was prescribed depending on the potency in accordance with the rules of homeopathy.

The drug did not give a decrease in the measuring level during direct testing, when filtering through it, an improvement in integrative indicators was noted, markers of local problems were not tested, the KMX marker was compensated. When testing potencies higher or lower than the selected one, a decrease in the measuring level was noted (while only one of the integrative indicators improved (BI, RA, FI), others with deterioration).

When using this technique, the time for the selection of an effective drug is dramatically reduced, the potency is more accurately determined, there are no pronounced homeopathic exacerbations. The clinical effect was obtained in 70% of cases.

The technique does not claim to be ideal in prescribing treatment, but it can optimize the therapy process.

## Literature

1. Electro-acupuncture vegetative resonance test: Methodical

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2. Appearance and miasmatic influence. Miasms, facial features and homeopathy. Bentley Grant. - M .: Homeopathic medicine, 2008 --- 396 p.

A.P. Efimov Appointment of classical homeopathic remedies using color // XVII