

# The theory of complementary adaptation as a scientific concept of the classical homeopathy

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## Summary

Recently, statements that homeopathy is a pseudoscience have begun to appear quite often in the scientific literature and the press. Is this so, and what is homeopathy really? The article provides a brief analysis of the existing theories of homeopathic effects and provides a scientific basis for the author's own theory, from the standpoint of modern sciences: toxicology, clinical medicine and physiology.

Keywords: toxins, complementary, subtoxic dose, target organs, receptors, stress, adaptation reactions.

## Abstract

More recently in the scientific literature and the press began to appear frequently claim that homeopathy - pseudoscience. Is this true and what actually is Homeopathy? The article provides a brief analysis of the existing theories of homeopathic effects and provides scientific justification for the author's own theory from the standpoint of modern science: toxicology, clinical medicine and physiology.

Key words: complementary, toxins, subtoxic doses, target organs, stress, receptors, adaptation reactions.

Before presenting an unbiased view of a medical researcher on the problems of homeopathy, who has 34 years of successful clinical practice and is not a classical homeopath, let me make three statements at once:

1) the author does not claim any special position in the world of homeopathy and at the same time, it allows for the possibility of additions, clarifications and further development of the proposed theory of complementary adaptation;

2) term "Complementarity" which has several meanings, in this case is used as it is understood in chemistry, biology and genetics - this is the mutual correspondence of biopolymer molecules or their fragments, providing education connections between spatially complementary (complementary) fragments due to supramolecular interactions;

3) the author will be fully satisfied if presented in this the work of the material will provide at least some assistance in the scientific substantiation of such an interesting system of treatment as homeopathy.

Scientific developments in the field of creating integrative medical systems aroused our interest in various areas, including homeopathy. In addition, since 1995, after an internship in Germany, we began to additionally use the R. Voll method in our practice, which, as you know, along with electropuncture diagnostics and electropuncture, can combine elements of homeopathic treatment. Finally, developed

us and introduced into practice the combined use of reflexology, homeopathy and musical therapy demonstrated high efficiency and wide therapeutic and recreational opportunities for such complex.

Analysis of the literature and our own accumulated experience allowed us to propose a new concept, which is an attempt to understand the mechanism of action of homeopathic medicines from a natural scientific point of view.

It is known that homeopathy arose about 200 years ago, and its founder was the German physician S. Hahnemann (1755-1847), who once drew attention to the message that the bark of the cinchona tree in a toxic dose gives a clinical picture that resembles symptoms malaria. The researcher decided to check this fact, and in the experiment it was completely confirmed. At the same time, everyone knew that in a medicinal dose of china, malaria was treated. Hahnemann began to study in a similar way the toxico-dynamic properties of other medicinal substances that were widely used at that time, in particular, arsenic, strychnine, mercury, etc. The results were the same in all experiments. A drug taken in a toxic dose caused certain symptoms. The use of small doses of the same substance cured patients with a similar syndrome.

In 1775, in his article, S. Hahnemann for the first time formulated the main postulate of homeopathy - similia similibus curantur (like is treated like) [4]. Since then, the medicinal pathogenesis of several hundred drugs has been described.

The main homeopathic principle - the treatment of like with like - has been confirmed by many years of experience in practical medical work and, on the whole, does not contradict the data of academic medicine. The work of E. Genera on smallpox vaccination can serve as an example. The uncommon method of desensitization of the body with small doses of antigen, proposed by AM, is, in fact, consistent with the basic homeopathic law. I.P. Pavlov pointed out that the doses of bromine in the treatment of patients with neuroses can be reduced hundreds of times and thus be more effective [12].

The system proposed by Hahnemann worked and works now, but neither at the time of its creation nor subsequently received a proper scientific justification, therefore it is empirical in essence, but this hardly diminishes its practical significance.

Individual works in which the principle of "treating like with like" is presented as a mechanism of action can hardly be called convincing.

Below are a few published theories and see if they have the answers to the emerging questions

[\[http://hahnemaniahomeopathy.blogspot.com/2008/11/lachesis.html\]](http://hahnemaniahomeopathy.blogspot.com/2008/11/lachesis.html).

1. Physiological theory based on the law of Vvedensky and Ukhtomsky, in accordance with which the strongest stimulus is inhibited beyond the limit, and the work of this organ is restored to the smallest stimulus.

2. Pharmacological theory uses the law of phase and rhythm the action of drugs, which manifests itself depending on the dilution. For example, only 6, 12, 15, 30, 50, 200, 500, 1000 dilutions can work, and the rest cannot.

3. Energy information theory believes that shaking results in

the release of the energy of the drug in the form of electromagnetic radiation of very low power, which should come into resonance with the patient's own oscillations.

4. The theory of torsion fields claims that these fields are of low power, influencing a person, can be formed when shaking on the available wave of information with the formation of peculiar eddies.

five. The theory of "inclusions of vertical self-regulation" notes that all drugs in normal doses act on a horizontal level, and in small doses, vertical regulation is activated along the acupuncture meridians.

6. Anthroposophical theory examines the influence of homeopathy on the aura.

7. Homeopathic receptor theory believes that since homeopathy can be used in an ambulance, there must be special receptors that perceive the effect of drugs.

Unfortunately, none of the briefly presented theories has been able to explain the phenomenon of homeopathy. At the same time, if the physiological theory even makes such an attempt from a scientific standpoint, then the pharmacological theory reflects only one of the patterns of the effective use of various homeopathic dilutions. The theory of homeopathic receptors also does little to clarify the issue under discussion. Well, the rest of the theories are not scientific, in fact, and rather discredit homeopathy.

The theory of complementary adaptation developed by us is based on the recognized scientific positions of modern toxicology, clinical medicine and physiology, including the theory of homeostasis and adaptation reactions [1, 2, 3, 8, 11].

In our reasoning, we first of all drew attention to the fact that in classical homeopathy, substances of plant, animal and mineral origin are used, many of which are toxins or poisons.

In accordance with the data of modern science, toxic substances have a selective effect, i.e. and have target organs and systems for which they pose the greatest danger. This is how toxins are released:

- cardiac: this group includes many medicines, herbal poisons, metal salts (barium, potassium, cobalt, cadmium);
- nervous, causing a violation of predominantly mental activity (carbon monoxide, organophosphorus compounds, alcohol and its surrogates, drugs, sleeping pills, etc.);
- hepatic: chlorinated hydrocarbons, poisonous fungi, phenols and aldehydes, etc.;
- renal: heavy metal compounds ethylene glycol, oxalic acid;
  
- blood: aniline and its derivatives, nitrites, arsenous hydrogen;
- pulmonary: nitrogen oxides, ozone, phosgene, etc. [2].

Therefore, toxic substances differ from each other not only in the chemical formula, but also in the dose of toxic effects and, that is extremely important to us, points of the application!

The toxic process itself can occur at the level of cells, organs, systems and the body as a whole.

It has been established that the toxic process can manifest itself at the cellular level in the form of:

- 1) reversible structural and functional changes in the cell;
- 2) mutations;
- 3) premature cell death.

Manifestations of a toxic process at the level of a target organ or system are manifested:

- 1) functional reactions (spasms, short-term changes blood pressure, heart rate, heart rate and rhythm, respiration, neutrophilic leukocytosis, etc.);
- 2) organ disease;
- 3) neoplastic processes [6].

At the same time, almost any chemical substance, depending on the active amount, can be either indifferent, or useful, or harmful to the body (i.e. act as a poison). He was the first to point this out back in the 15th century. the famous physician and chemist Paracelsus: "Everything is poison. Nothing is devoid of poisonousness. And only a dose makes this substance either a poison or a medicine "[5].

According to the theory of homeostasis, the body is self-regulating system, striving to maintain the constancy of the internal environment. Any strong effect, including a chemical one, is perceived by him as stress,

The author of the theory of stress G. Selye wrote: "I first 'stumbled' on the idea stress and general adaptation syndrome in 1925 [10]. Commenting on the term "General adaptation syndrome" Selye explained: general - because stress is caused by factors that, acting on different areas of the body, are ultimately capable of causing general systemic protection; adaptive - because this phenomenon is, as it were, fixed, acquires the character of a habit; syndrome - because its individual manifestations are partially interdependent [7]. Later, he called stress a non-specific reaction of the body to any strong stimulus.

It has been established that under stress in the body, along with elements of protection, elements of damage arise. Therefore, the cost of adaptation through stress is quite high and is justified only in relation to a strong irritant that can threaten life.

More often, the body is faced with stimuli of weak and medium strength, in relation to which other adaptive reactions have been discovered: training and activation. Both cause a rapid and significant increase in the active nonspecific resistance of the organism due to a true increase in the activity of its defense systems [3].

A strong toxic effect on the body is, of course, stressful. But, for example, it differs from mental stress in that, in addition to the nonspecific general adaptation syndrome, local organ-specific adaptive reactions also arise in the body as a response to damage to organs and systems characteristic of each toxin.

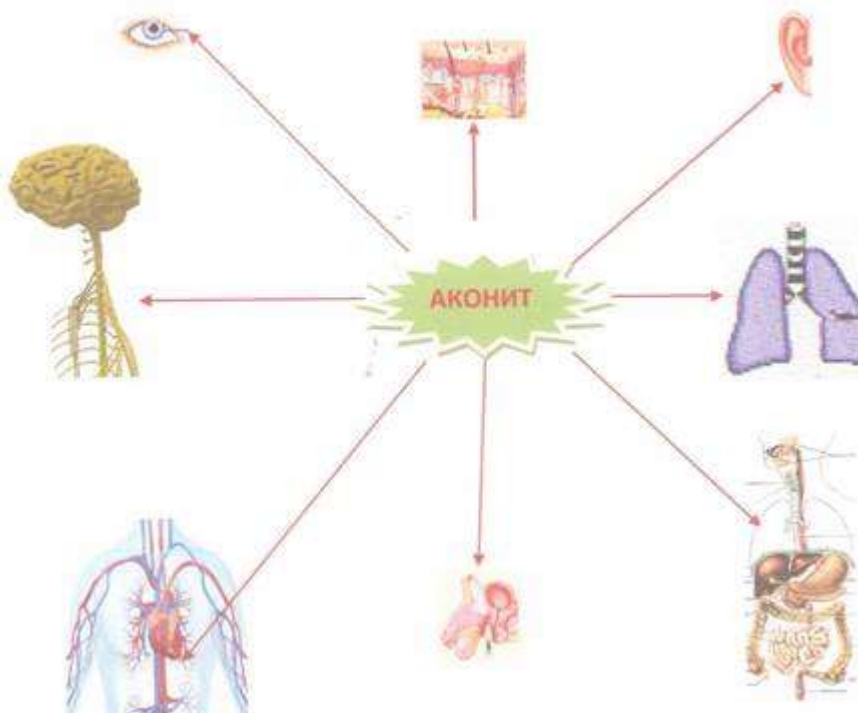
Consider this with the example of Aconite (*Aconitum napell*), which with a deep

antiquity was known not only as the strongest herbal poison, but also as one of the most valuable medicines. Aconite tincture was included in the VIII Soviet Pharmacopoeia.

Aconite napellus was introduced into homeopathy by Hahnemann in 1805. Chemical composition: numerous alkaloids and ephedrine.

In a toxic dose, aconite, like other poisons, has certain target organs, shown in Fig. 1, and at a toxic dose gives complex symptoms.

Рис. 1. Органы-мишени аконита



General symptoms. Fever. Chill on slightest movement. Thirst. Dry heat.

Mental condition. Great excitement. Yearning. Fear of death. Insomnia. Strong sensitivity to noise. Music intolerance.

Leather dry, red, hot. A measles-like rash. Itching.

Heart and blood vessels. Palpitation, with sharp pains in the region of the heart, with a return to the left arm. Tachycardia.

Nervous system. Headaches with sensation of heat and throbbing. Sharp neuralgic pains of the face, with crawling and numbness.

Respiratory organs. The throat is red, painful. Hoarseness. Swollen tonsils. Dry cough, barking, worse at night. Hemoptysis.

Digestive organs. Dryness and bitterness in the mouth. White tongue. Burning in the esophagus and stomach. Diarrhea - stools are green, like spinach.

Eyes. Dry and hot eyes. Feeling of sand. Aversion to light and violent lachrymation.

Ears. Ear pain immediately after a cold.

Genital organs. Amenorrhea. Menorrhagia. Shooting pains in the uterus.

Painful swelling of the testes. Frequent and painful erections.

As you can see, the aconite intoxication syndrome has both general and local manifestations arising from toxic damage to target organs, the strength of which is the higher, the higher the dose of the chemical.

But what happens in the body when a toxic substance, in our case aconite, is introduced in a small dose? It will act on the same biological targets, only this effect will be subtoxic, and damage to the structural elements of cells, intercellular space and regulatory systems will be insignificant and reversible. Moreover, the emerging processes will cause local adaptive processes in the organs.

recovery reactions.

In clinical practice, a combination of symptoms, aconite intoxication, can occur with diseases, for example: with flu, sore throat, furunculosis, pneumonia, hypertension, acute rheumatism, orchitis, etc.

But whatever the main diagnosis, if the symptoms are similar, this means that the nature of the accompanying damaging consequences is quite similar.

#### Clinical example

Patient N., 41 years old, was diagnosed with right-sided orchitis, accompanied by pain in the genital area, fever, thirst, anxiety, bitterness in the mouth, aversion to light and intolerance to music. It is obvious that the totality of violations in this case generally corresponds to the list of target organs usually suffering from

intoxications with aconite.

For what reason did a patient suffering from orchitis have so many accompanying complaints? Without touching upon the issues of infectious etiology, heredity, ecology or lifestyle, it can be argued that, in any case, in the patient's body, the underlying disease proceeded against the background of a general failure of self-regulation mechanisms and a reduced nonspecific resistance of the body. This, in turn, led to disturbances in this patient in the naturally weaker organs and systems. This coincidence was an indication for the use of aconite in a homeopathic dose, in combination with other therapeutic measures, and in this case it turned out to be very effective.

It should be especially noted that any homeopathic substance is unique not only from a chemical point of view, but also in the composition of the biological structures of the body interacting with it, i.e. each homeopathic substance is complementary to strictly defined biological structures: organs, regulatory centers and target cells.

There is every reason to believe that the use of low dilutions of homeopathic remedies forms a certain pattern of adaptive, protective and restorative responses. These can be general reactions, for example, an increase in the nonspecific resistance of the organism, and local reactions from target organs: the act of microcirculatory processes, etc.

Developed for a certain adaptive reactions on the part of the body are remembered by the regulatory

structures of the body. Therefore, subsequently, to restart such reactions, lower concentrations of the substance or higher dilutions are required.

Reducing the doses of homeopathic medicines, according to S. Hahnemann, enhances the therapeutic effect [4].

It is assumed that in ultra-low doses of matter, the mechanism of action is no longer at the atomic-molecular level, but at the level of electromagnetic waves. In the opinion of physicists, this is possible in principle. So, A.D. Sakharov, in particular, assumed that most of the ordinary world is concentrated in a form of "hidden mass" that is invisible to us.

But the issues of exposure to chemicals in ultra-low doses is a separate topic, extremely complex, interesting, which rather belongs to the competence of biochemists, biophysicists and nanotechnologists and needs serious further research at the modern level.

At the same time, at the level of small doses, the mechanism of action of homeopathic preparations, which are a kind of natural markers, which gently interact with complementary target organisms, cause complex adaptive reactions and provide the necessary signals to the body where it should direct its efforts to restore homeostasis.

#### Conclusions:

1. Each homeopathic substance has a different chemical structure and composition of complementary biological structures sensitive to it.

2. Homeopathic medicines, due to low doses of use, are in the whole adaptogenic substances for organism, raising nonspecific resistance of the organism.

3. Homeopathic substances are a kind of chemical markers that enter into complementary bonds with biological target structures, exerting a subtoxic effect on them, while the resulting damage to the structural elements of cells, intercellular space and systems of regulation is reversible and initiates protective- t local restorative reactions.

4. A set of common adaptive and local protective- restorative reactions provide versatility of therapeutic effects homeopathic remedies and scientifically explain the basic tenet of homeopathy "like is treated like".

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S.V. Shusharjan The theory of complementary adaptation as a scientific concept of classical homeopathy // XVIII