

Communication in Homeopathy: Review Article

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Abstract

The article talks about the relationship between communication and homeopathy. First of all, the facts about homeopathy as a treatment method are presented, which relate to the understanding of today's role of this type of healing treatment and communication that is studied in different fields of science. The connection between homeopathy and communication is analyzed through a brief description of forms of communication: intrapersonal, interpersonal, at the group level and mass communication.

Communication in the modern world becomes an inseparable part of various sciences as well as studies in everyday practice in various fields. On the other side, researches in homeopathy are particular challenge, giving the existence of some specific forms of communication. Particularly in the field of deeper entry into the intrapersonal sphere of a person, interpersonal characteristics in the field of interview, and group communication in the field of proving remedies. Researches and spreading of knowledge and concepts of communication in homeopathy is even more complex if one knows that there is a wide range of remedies, and a special path of healing process. The paper presents the forms of communication divided and translated into the field of homeopathy, adding some specificity for easier comprehension and understanding for those who want to expand their knowledge in these areas, as well as for a wider audience.

In order to achieve the best possible connection between these two areas and illuminate the scientific and social role, an attempt was made to lower the method of communication to a more accessible, pragmatic level. By building self-healing potential, prevention, self-control and improvement of one's own health, ultimately one gains the advantage of better care for the individual, but also for society.

Keywords: *Communication; Intrapersonal; Interpersonal; Group; Mass Communication Homeopathy; Healing; Similia Similibus Curentur*

Introduction

Homeopathy as a holistic treatment method simultaneously treats all three levels of a person: mental, emotional and physical. Homeopathy uses remedies based on substances coming from plants, minerals or animal origin. They are, according to a certain procedure, diluted to an almost insignificant amount. Homeopathic remedies prepared in this way are harmless due to the high dilutions and minimal doses in which they are taken. It is important to highlight this fact, which makes them harmless, non-toxic and without side effects. The word homeopathy originates from the Greek words "homeo" which means similar and "pathos" - suffering which can be translated as

similar to disease or suffering. The main law of homeopathy is based on the principle that reads “*similia similibus curentur*” or “like cures like”. Homeopathy can treat or improve the overall psychophysical condition of people regardless of age (i.e. age group categories). Homeopathy is a healing art and method that was clinically developed according to the principles first formulated by Dr. Samuel Hahnemann (1755-1843). Hahnemann described the homeopathic method of treatment in the treatise - *Organon der Heilkunst*. Paragraph 1 of the *Organon* says: “The doctor’s only duty is to help the sick to become healthy” [1].

A substance that causes certain symptoms in a healthy person will remove the same symptoms in a sick person, which practically means that, for example, the remedy *Allium cepa*, made from onions, will be used to treat a cold that has symptoms and sensations when cutting an onion. There is a popular saying “a wedge is broken with a wedge”, and translated into homeopathic practice, is the basis of treatment that can explain the effect of homeopathic remedy.

The law of similitude dates back to the time of Hippocrates, who claimed that a disease can be treated in two ways: with the opposite or similar means in relation to the disease. Classical medicine and Galenic pharmacology developed on the principle of treatment with the opposite remedy. Although the law of similarity has long been known in medicine, more precisely treatment with a similar or opposite remedy/medicine, it was only at the end of the 18th century that Samuel Hahnemann (1755-1843) formulated the law of similarity, the principle of which rests the method of treatment, which he called homeopathy.

Homeopathy corresponds very well to attempts to stimulate the body’s natural ability to heal itself, thus acting on a person’s self-healing, and homeopathic remedies can play a role and act as a kind of “vaccine” against a long list of diseases. The emphasis is on the vital force, which homeopathy places in the center, and whose disturbance results in disease.

The consequences of a disturbance of the vital force are observed in the all three levels, mental, emotional and physical, so classic homeopathy always takes into account all three mentioned levels of person. On the basis of a complete picture of the patient, a decision is made on the choice of remedy for his strength and the best and most effective choice is decided.

As for the duration of the therapy, there are also certain rules, but they are somewhat more flexible compared to allopathic medicines. The essential difference is that homeopathic method of treatment treats the whole person, so it is a holistic approach, and it tries to get to the core of the disorder, restoring the disturbed balance of the vital force. It is certainly necessary to take into account a certain predisposition of the patient (chapter on miasms). The substances used in homeopathy have different strengths, and the basis for making each remedy is precisely the potency or powerfulness which indicates the strength and influence of the remedy. It corresponds with the energy of the body and gives the best result - maximum effect, with little effort. Or even more precisely: even a minimal level of vital energy is enough for the body to respond to homeopathic treatment. If we summarize all written above, then the communication between vital force and remedy will appear like a necessary condition for homeopathic treatment.

In 1954, Wilbur Schram created a model of communication based on the fields of experience and feedback. The concept of overlapping fields of experience, of senders and receivers, that is, having a common zone, plays a central role in Schramm’s model. Overlapping fields of experience is necessary for effective communication. These settings are very well applicable in the field of homeopathic treatment, for example inside relation therapist-patient [2].

Homeopathy in action

Homeopathy is not a mystery, nor is it quackery. It has clear rules for making remedies, which are made in different forms, most often known as globules, drops, tinctures, creams, etc.

There is no secrecy, no secret recipes, in order to become a homeopath, there is a specific sequence of education, or in short - one must be properly educated to become a homeopath.

The consumption of homeopathic remedies is widely used. Homeopathic remedies can be taken by a person regardless of age (children, adults, old people). Homeopathy provides help with various diseases and serves as a support in many life-important situations.

“In developed countries, it is rare for a family to not have a homeopathic first aid kit (temperature, flu, blows, bruises, fractures, burns, etc.). Homeopathic remedies have become universal medicines. Take them, have confidence in them, they will be your sincere helpers without harm. When the Germans, the English, the Americans do it, why not us? We constantly admire the West, so why not work like them?

Medical experts around the world are shy about the possibility that homeopathy is the medicine of the future. So read the following chapters carefully, you will benefit from them. Help yourself and your family, friends. You can do that with homeopathy” (Suad Šendelj, Homeopath and Core trainer, Bosnia and Herzegovina)¹.

Intrapersonal aspect of homeopathy

A look inside yourself

In homeopathy, the intrapersonal aspect of communication is strongly expressed, because the effect of treatment and remedies is reflected through the state of mind, the mental aspect, the sleep process and dreams. During treatment, i.e. taking homeopathic remedies, all changes that occur in these fields are closely monitored. The emotional aspect also, somewhat lower than the mental level, reflects the intrapersonal aspect.

In intrapersonal communication, during homeopathic treatment, by taking remedies, it releases a part of the personality that was repressed.

It is expected that a well-chosen drug will lead to a conflict of personality, old and new, which is essentially one, but also traits, emotions and actions that the user of the remedy sees and feels, which he released with the remedy. This is something new in his consciousness, since he has forgotten when and why he suppressed them. Several answers can be given, to the question “why”. For example, to protect oneself, or to adapt, to survive, to defend from something/someone...etc. So the user/patient forgot that he/she owns- a part of personality, which remained suppressed, and which he/she begins to bring to the surface with homeopathic remedies.

Homeopathy initiates processes that, among other things, lead to the awakening of self-awareness, more precisely to the development of self-awareness. The theory of self-awareness also fits in there, because it is known that many cognitive processes occur in such a way that we are aware of the final outcome of our thinking, but not of the process by which we arrived at it. The theory of self-awareness is fully applicable to the field of homeopathy.

It is important to emphasize that there are no new features, but what has been repressed is brought out, so the patient consciously asks himself the question: where does this part of me come from, because until now it was not there, or more precisely, it was not visible. For example: “I’m aggressive now”, “I argue”, “I’m arrogant”, “I like to give orders”... is actually nothing new, but only a forgotten part of the personality is released.

¹Šendelj, S.: Promotion of Homeopathy, promotional material of the homeopathic pharmacy, 2004. Sarajevo, BiH [3].

The point is changes in the so-called private consciousness, which includes a focus on personal aspects of self-concept, analyzing bodily sensations, moods, feelings, beliefs, etc. There is an indispensable need to understand oneself or search for and a contemplative approach to the self, and to analyze different levels, in the sense of why we feel that way at that moment or in that situation. It is a form of self-realization, the initial opening of the way to release a forgotten part of oneself due to life circumstances or in order to survive, adapt or protect, a personality is formed that corresponds to the given time and place, and the original form does not appear.

Interpersonal aspect of homeopathy

Who is the person sitting across from me?

Interpersonal communication represents a special chapter in homeopathy, because contact with the therapist starting from the first meeting, or interview, significantly follows the course of healing and is much deeper than, for example, treatment in surgeries, where allopathic medicines are prescribed.

Interpersonal communication is that important, unavoidable, most used aspect of contact between therapist, homeopath and patient. This relationship can be very complex, the patient should frequently contact his homeopath, informing him about the phenomena during the homeopathic treatment. It is very important if the patient's trust is gained.

Homeopathic interview

The homeopathic interview has very specific characteristics of interpersonal communication between the homeopath and the patient. In this way we learn important facts about the patient, and in the end we predict what we can expect or how a certain remedy will work on all three levels (physical, emotional, mental).

This type of interview requires answers to various questions, often unusual for the patients, but necessary for the homeopath who wants correctly choose the remedy and traces the further path of treatment, finding so-called "red thread". Sometimes patients are confused by asking questions, for example, about the position of the body during sleep, anger, fears, modalities related to weather changes, the types of food they prefer in their diet, which they like the most or don't like at all, etc.

It is very important to avoid, something that is a product of today's media, impression management (IM), which is at the same time a basic, central obstacle in interpersonal communication and is completely incompatible with the approach to treatment with homeopathic remedies. For this phenomenon-branch, there is an increased interest in research in new media. The saying that says: "It's not what you see, it's not what you hear, but what you feel" is very important for the patient's homeopathic perception.

When conducting an interview, the patient is observed as a whole. So, it is important to pay attention to: arrival, first impression, appearance, walk, dress code, language, vocabulary, i.e. the words patient uses, kindness, or cursing, shouting, gestures, whether feels is happy or reluctant to answer questions, grunting or stuttering etc. Furthermore, motivation is important, which is usually reflected in whether a patient came alone or accompanied by someone, persuaded "to try that too" - as some of them use to say. In this way, motivation means what patient wants to treat, and communication means cooperation.

The very framework of the homeopathic conversation enables and reveals theoretical explanations, psychological structure, sociological characteristics, the environment in which the patient lives and moves, conflicts, fears, motivation, the need for privacy or disclosure of information about oneself. In addition, the effects of gender and status are included.

Theoretically, an impression of the patient is developed through the interview, whereby the information obtained, whether reduced or too extensive, develops the construction of synchronous and asynchronous, direct messaging, which affects the quality of mutual

communication. Thus, the already mentioned answering of the therapist's questions by the patient is an important indicator for obtaining a complete picture and choosing the remedy (variations range from: does not want to answer, someone else answers for him, gladly answers, talks a lot, talks without a break, etc).

The therapist's only intention is to help the patient to heal. The patient-therapist relationship is defined through the acquisition of trust and openness. Some patients will open up and remove the layer of defense they previously had, or say something later that they forgot, and for all these procedures it is necessary to have patience and develop trust. Empathy and talking with the patient about therapist's similar experiences, according to some therapists (Kees Dam, Dutch Homeopath) can also have positive effects².

Group communication in homeopathy

How I feel when I'm in a group

Group communication in homeopathy represents a step forward from the usual work in a group. A randomly composed or selected group goes through a special experience when proving homeopathic medicines, that is, when they do "proving".

Examples of such communication are practical exercises or education courses, summer schools and the like where different individual characteristics are manifested embedded in what will become a shared energy. That is, there is a mixing of individual energies and experiences (for example, other people look at me, evaluate how I feel, etc.) which ultimately becomes the energy of the group and the formation of a common experience in the process of proving the remedy. The medicine in the group will work on several levels, intra-individual level, inter-individual (meaning horizontal connection), vertical (comes from the lecturer), and as a consequence it will be reflected on the level of each individual, whose energy will be interposed with other members.

Randomly selected members will build horizontal connections, showing opposites, oppositions, complaints, debates, arguments, impositions; the things that are presented to them dominate both the lecturer and the group and they feel on uncertain ground. Sometimes it happens that although they receive instructions from lecturers and leaders and thus achieve vertical communication, it can be damaged by the energy of the medicine that is being proven. Certainly, the lecturer will carefully record the experiences of each individual member of the group. His reactions, sleep, dreams, appetite, mood, details that the group members present, etc. Group members are not aware of which remedy they are proving. When the energy of the remedy is manifested, two opposite sides will also be manifested, positive and negative, which essentially try to direct the vital force on the right path. Defending against a new unknown influence, which is guarding the center that defends the organism, one sacrifices everything, guarding the center, one defends the essence and the core (vital organs for example), and sacrifices what is less important.

Members of the group, learn the name of the medicine only at the end and all the accompanying properties of the remedy. Then you can see the full effect and compatibility of expressed emotions and physical conditions caused by the remedy.

Mass communication

Today, a lot of information about homeopathic treatment is available via the Internet, networks and platforms, but the dilemma remains in choosing the right source of information, paying attention to the language, that is, the virtual language in which they are communicated.

²Kees Dam: Consultaions, Proving Master Class, Tuzla, Bosnia and Herzegovina, 2018.

As can be seen from the following statements, “speech from the mass media can be burdensome in every way.” Especially if we know that “The language of a modern speaker can be seen as an interpreter of the state of contemporary netocracy or contemporary civilization residing on the net (internet, network in virtual space)...” or “Since speed is the fundamental immanence of contemporary online media above all, or as they are often called new media, then the possibilities for unruly noises in communication are countless. All this can lead to a harmful effect to the sensitive audience that seeks only information through this medium³.

More about remedies

Depending on the potency-strength, powerfulness of the remedy and the energy of the remedy, i.e. as much as it is energized, by succussion of the bottle, the exchange of information will also increase, i.e. it will be at a higher level. This is how the essence of the remedy comes to the surface. That extracted essence of the remedy is actually the basis, the essence of the remedy, its energy, with which it transmits healing properties and shows its effects.

Expressed in the homeopathic dictionary-terminology, the strength of the remedies ranges as follows: the most common is 30c to 200c to 1M and further up to 10M, as homeopathic remedies are classified. Physically, at the body level, the remedy is received through receptors, which are located under the tongue (the remedy is not given so that it goes through the stomach), but as it goes directly into the bloodstream, and then it works and is distributed physically like other medicines.

Physically, it can, for example, cause some phenomena and symptoms such as: diarrhea, vomiting, headache, cough, sweating, rash, sneezing, etc., although it is up to the organism and its characteristics or what is called the locus minoris of resistance, which direction the reaction will take. The other two levels are emotional and mental. Today, the emphasis is on returning to treatment methods that encompass the whole person - a holistic approach. From this, it should follow that everyone is provided with equal and accessible opportunities for treatment, with a constant emphasis on respect for human life and dignity.

Education about communication skills is important, because by learning you can improve and become a better communicator in medical sciences. The introduction of formal education on communication skills is also necessary for all health professionals due to the mutual cooperation of patients and doctors. Certainly, the essence of the finest relationships between people rests on humanity and empathy of man towards man. It is not uncommon for a patient to sometimes say that it is easier for him when he/she tells about problem(s), so we see that underneath is the important, but often forgotten concept that a person can be a medicine for a person through good communication, and not a wolf as in the Latin proverb - wolf.

The laws of healing

As already mentioned, homeopathy respects the principle of integrity, more precisely, it helps the whole organism, not only through the existing diagnosis. In the rules of treatment and ways of healing, homeopathy adheres to principles, which show the way of healing through directions. The ways of healing are called Hering's principle, according to the scientist of the same name.

Constantine Hering (1800-1880), a German homeopath and physician, is credited with numerous contributions to homeopathy. The first principle or path of healing is from the top to bottom, the second is from inside to outside, so, for example, it is important to mention what happens on the skin and you should always treat the last symptom that appeared, and from important organs to less important ones.

³Fejzić-Čengić, Fahira: Nelagode s medijima, (Discomfort with the media) Dobra knjiga, Sarajevo, 2016.p.68 [4].

As for communication, it is inevitably related to movement, and it is also related to the instructions of the Hering's rules of healing. Thus, for example, the first principle "from top to bottom" could be defined as a vertical axis. The vertical axis is an important way of transmitting communication (commands, knowledge, etc.), and the other paths, like this one from the inside to the outside, are more or less in horizontal or oblique planes. Finally, the rules of healing directions are ways of liberation and self-acceptance without accumulated burdens.

Homeopathy in today's world

Chronologically, the development of homeopathy started with the founder, Hahnemann.

In today's time, the status of homeopathy has become defined through attending the college (four-year education, college), Georg Vi-toulkas, in 1970, as well as through the opening of hospitals. In addition, various other educational institutions, colleges and organizations are working on the education of interested groups and individuals.

It is known that, for example, there are homeopathic hospitals in the UK and India, and now this is no exception in other countries either. In practice, medicines are obtained by special procedures by dynamizing substances (mineral, plant, animal), succussion of the medicine, and the principle of minimum dose is observed until improvement.

Some conditions, diseases and symptoms can be treated with homeopathy instead of other, long-used methods, such as herbalism, although in some cases they can be combined. The situation is similar with mushrooms from ancient medicine, (shitake, reishi, etc.) Herbal treatment and folk medicine in general have a long historical and experiential course.

For the purpose of treatment, numerous herbal medicines were used, then medicines of animal origin. Folk medicine records in old books the existence of examples of the use of so-called impure pharmacies (the use of urine).

Some stages of medical treatment can be supported using homeopathic remedies (operations in dentistry, surgery, related to wound healing processes, in neuropsychiatry - removal of fears, etc).

Homeopathy has a special chapter dealing with remedies made from milk. Considering that we live in the era of mostly un-breastfed children, there is a danger that the baby remains "unfinished", because the process of breastfeeding is often absent.

The ancient ancestors already knew this, they experienced it, and as it is known throughout the history of medicine, that when a baby is breastfed, it gains an energy field. It is not rare that in primitive tribes, or with other women from eastern cultures, following the reports of researchers, we see mothers who breastfeed their babies and carry them on the front of the body, on the chest. Thus, they enable contact of the child with the mother's heart center.

The closing of the fontanelle is a key factor in the development of the individual. The baby has a huge energy center shown through the size of the head, while the lower part, body, limbs, arms, legs, is much smaller. A nursing baby, sitting on the lap of the one who loves it, slowly develops, strengthens the lower part and attaches itself to the earth, i.e. develops a relationship that can be popularly called "grounding", harmonizing these two energy fields.

Homeopathy pays a lot of attention to the relationship with the mother, milk, i.e. the breastfeeding phase, the use of bread, i.e. wheat, so many treatment procedures are based on these principles.

There is a special chapter on trauma and post-traumatic syndrome where homeopathy also made a valuable contribution. Homeopathy is also used in other sciences, in dentistry, veterinary medicine, agronomy... It is mentioned in the education of patients about a healthy life, health in general and nutrition, about which numerous articles and books with such titles have been written [5-13].

Conclusion

The paper highlights the importance of the connection approach, homeopathy and communication, or in a broader sense, the communicative view of the overlapping of their empirical fields.

Concerning homeopathy, what has already been written at the beginning should be repeated: everything rests on the principle that “like cures like” (*similia similibus curentur*), which is the main and basic principle that is respected. The treatment begins with a homeopathic consultation, then an interview is taken (oral history method), and then it takes some time to process the obtained data in depth and understand the history of the disease. After taking an interview and processing data, the patient will receive an individual remedy that best matches the pattern of symptoms. It is important that patients are treated with individual homeopathic remedies.

Homeopathy has a complex model of communication on all three levels: interpersonal, intrapersonal and at the group level. Mass communication also has promotional possibilities. The specificity of intra-communication lies in the ability of the substance of the drug to enable the patient to see himself and his behavior, to face his “I”.

The interpersonal aspect is special because of the interview with the patient, which is the backbone for obtaining the so-called “red thread” that shows the paths of action in the direction of the patient’s healing, with the mutual realization of trust in the homeopath-patient relationship.

Communication at the group level usually refers to the processes of proving remedies, and mass communication, as in other fields today, offers a wealth of information about homeopathic treatment.

Homeopathy, under the supervision and watchful eye of a qualified homeopath, can offer various remedies that balance the vital force and act on the mental, emotional and physical levels. This treatment method, which is non-aggressive, non-toxic and very effective in many diseases and conditions, can be a good complement to various other treatment methods that are used today.

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Conflict of Interest

None to declare.

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