Louis Klein

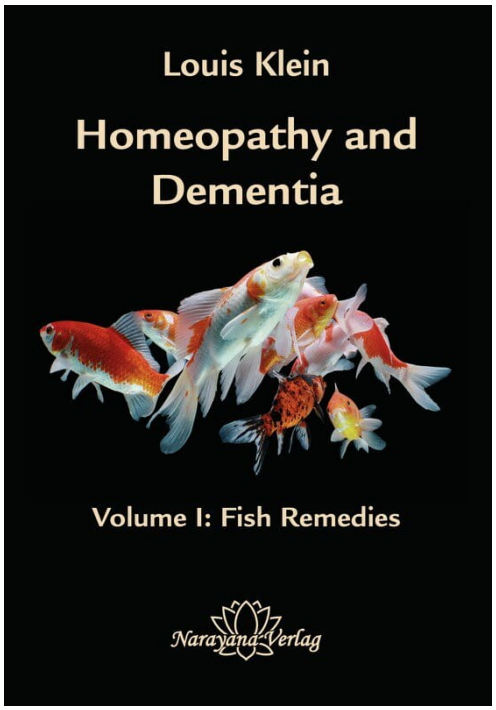
Homeopathy and Dementia

Texte d'exemple

Homeopathy and Dementia

depuis Louis Klein

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The Homeopathic Approach to Alzheimer's Disease and Dementia

Towards the latter part of my homeopathic practice, I started to see an alarming increase in the number of new patients with brain pathology and cognitive decline. As well, many patients feared the fate of ending up like their relatives with Alzheimer's disease with no effective conventional treatment.

This prompted a project on the homeopathic treatment of patients with cognitive problems, Alzheimer's and dementia, even though the books I have previously written have always been through the perspective of homeopathic classifications and not disease categories. It has, therefore, been a challenge for me to write a book based on a diagnostic category. However, each case is prescribed on its individual features and certainly the treatment of someone with Alzheimer's disease or dementia still requires careful individualization. The book strongly imparts that.

Here, in Volume 1, I talk about my discovery of connections between fish homeopathic remedies and Alzheimer's disease as well as all the other clinical information on remedies in other kingdoms. I also incorporate the subsequent research I have done, both conventional and homeopathic, so it may be used by homeopathic clinicians.

Homeopaths developed not only a wondrous method of utilizing a general universal principle of 'similar cures similar', but also a method of actually understanding and perceiving if a patient is getting better in an overall fashion. The question we ask in every case is "Are we contributing to the long term health of a patient or not?" This question is not really asked very much in allopathic methods, which treat pathology without regard to the impact the treatment has on the whole body except for immediate and gross 'side effects' (which are really 'effects') of the treatment or medication.

In fact, homeopathy developed 'laws of cure' first elucidated by Constantine Hering (1800–1880). Hahnemann's writings in *The Chronic Diseases, their Peculiar Nature and their Homeopathic Cure* is the basis for Hering's Laws of Cure:

1. Improvement in pain takes place from above downwards.
2. Improvement in disease takes place from within outwards.
3. The most important organs being first relieved.
4. The affection passes off in the order in which the organs had been affected.

More intricate determinations and research have been proposed by Vithoulkas, Vijayakar and other modern homeopaths.

But one thing is certain, the brain is the most vital of all organs and, as such, the fact that we are seeing such widespread brain pathologies like dementias is saying that the general state of health of the human race has declined dramatically. I feel some urgency in addressing this.

Kent describes how the mind is innermost and closest to the energetic level: 'simple substances' he calls it or the 'vital force', on which homeopathy is postulated to work. A homeopathic interview and analysis will include details of the physical diagnosis of the patient, but, most importantly, the individual mind and disposition. This is through much questioning and perception about the patient's state of mind. Finding their individual mind symptoms and characteristics means unravelling the unconscious or instinctual responses. There are a number of applied techniques or approaches used to do this in modern homeopathic case taking methods.

We know that the remedy has sparked a change when there is a significant shift in the most interior part of the body – the mind. Hahnemann and then James Tyler Kent, in his book, *Lectures on Homeopathic Philosophy* always emphasized this:

> Another general remark needs to be made, namely, that we should know by the symptoms if the changes occurring are sufficiently interior. If the changes that are occurring are exterior, the physician must be acquainted with the meaning of them, so that he will know by that whether the disease is being healed from the innermost or whether the symptoms have merely changed according to their superficial nature.

All well and good. But in the case of a patient with the later stages of dementia, like Stage 6 or 7 Alzheimer's (outlined in subsequent chapters), these types of changes are not apparent since the patient does not even seem capable of relating their mind state effectively. So what to do? How do you clinically maneuver this state to bring about changes and track the change? It is even more difficult because in some cases the manifest mental symptoms of the patient are caused by a severe scarring organic pathology, which I will describe subsequently.

Importantly, clinical patience in the later stages is needed with a target of significant positive change. And this is difficult in the climate of allopathic medicine and general social promotion where something medical is considered to work only when there is a dramatic instantaneous chemical change. This goes back to the underlying philosophy of allopathy, which is to instigate specific bodily change without addressing the real underlying causative factors or the whole person.

In homeopathy, we attempt something different. We also recognize, even in the case of severe physical pathology, that the underlying nature of the disease is still energetic.

In this book, I will give some guidance in the area of case management and follow-up even in this difficult and complex situation. The goal is always the restoration of health and of course, more brain resiliency.

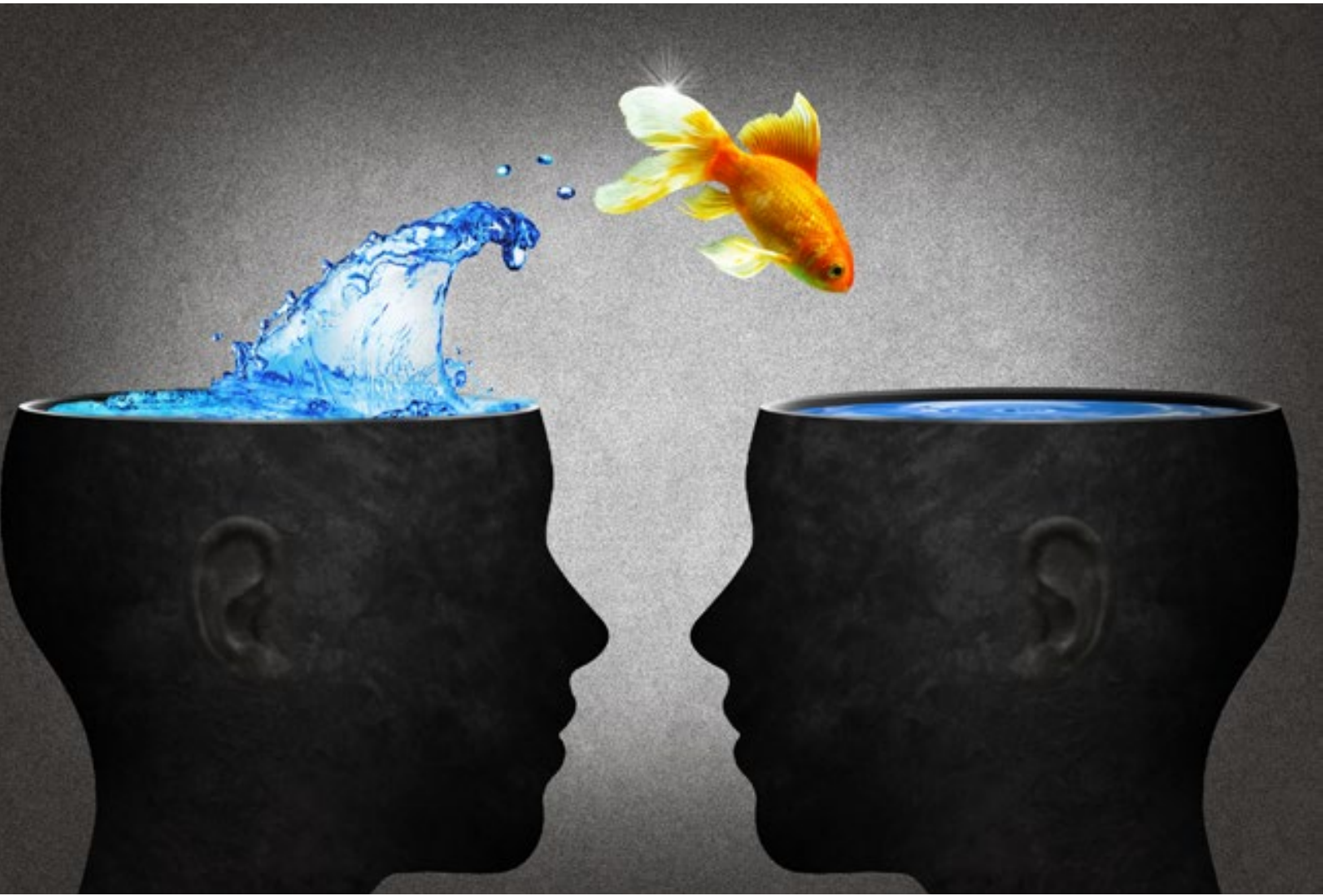
Intrinsic versus immediate causative factors

Intrinsic and immediate causative factors can determine the type of homeopathic remedy and treatment to choose.

What I mean by intrinsic is that the onset can be traced back many years. The development and symptoms of the pathology is slow, long term, and you can see by the history that there were indications of the remedy even *many* years prior to the more recent change of state and pathological manifestations. But there can also be a trigger that prompts an even faster decline.

Immediate causative factors

There is also a situation where there is clearly an emotional or physical trauma leading to an almost immediate decline (within days to a few weeks). This emotional trauma can be simply a significant social change. So for example, an elderly patient who is put into a care home and feels isolated may have a very profound reaction. This issue of isolating the elderly has increased with the 'lock down' strategy towards care facilities and isolation of those considered at high risk for contracting viruses and other infectious diseases. In Volume 2 of this series of books, I'll discuss remedies for these factors that create an immediate change of state.



Volume 1

This volume is primarily a materia medica of homeopathic fish remedies. It also gives an introduction to conditions of cognitive decline and both the homeopathic and conventional perspectives of Alzheimer's disease, dementias, and other deep brain/neurological conditions involving cognitive decline.

With fish remedies, there is an underlying *intrinsic* long term development of the pathology and remedy state. Even in the early phases of the provings of fish remedies and in healthier patients needing a fish remedy, there is a 'dementia quality' to the early symptoms. Some provers of fish remedies even said that they felt as if they had Alzheimer's.

In fish remedies, the nervous system and the brain, including mental understanding and expression, is affected in the beginning and slowly gains more pathological relevance and limitation. This will become clearer when I discuss the general themes and symptoms of fish remedies as well as each specific fish remedy. In the following chapters, I give the reasoning behind using this group of remedies for patients with Alzheimer's disease and dementia as well as the clinical indications.

Although there is much causative and situational information in the commentaries, they are part of this extended process of the development of the remedy state. It is part of a longer continuum. The patient's intrinsic character contributes much to the picture for homeopathic prescribing. The lifetime of the patient and the history has to be taken into careful consideration. This history is gathered from family, caregivers and, in the earlier stages, the patient themselves. In later stages, it is only the family that can provide the information.

Volume 2

In Volume 2 of this series, other remedies for Alzheimer's and dementia from all the kingdoms, besides fish remedies, will be explored. There are homeopathic remedies from the Plant kingdom, Fungi kingdom, Mineral kingdom, Animal kingdom (other than fish), as well as Imponderable remedies that are known to have a good impact with patients who have severe cognitive problems.

I have taught, and have much clinical experience to conclude, that plant remedies are good for 'wounds', not only physical but also mental and emotional. These wounds create a more immediate change of state.

I will give an example here. We know that, even in general herbal usage, *Ginkgo biloba* is a good remedy for memory issues. There have been two homeopathic provings of this remedy – in 1987 and 2000:

> Schadde A, *Ginkgo biloba, die homoopatische Prüfung*, Muller & Steinicke (Muenchen), 2000.
>
> Swoboda F, *Proving of Ginkgo biloba*, 1987.

In the homeopathic provings of *Ginkgo*, the poor memory and concentration issues, confusion, and even stupefaction were temporarily very extreme, thus this is an important

aspect. There are a tremendous number of symptoms and rubrics of mental weakness, mistakes in talking and writing, confusion, vanishing of thoughts, and memory loss garnered from the proving and confirmed in clinical experience.

Yet, homeopathy is much broader than just a limited number of indications when it comes to developing understanding and thereby individualizing and matching a remedy to the patient. In the proving, there is an additional important aspect that fits with the trauma faced by an elderly patient who is put into a full care facility, thus isolated and alone. Remarkably, for *Ginkgo*, there were many symptom rubrics in the proving that were predictive of the decline seen from this type of trauma:

Delusion he or she is neglected
Delusion separated from the world
Dependent, at the mercy of others
Sadness with weariness
Morose, morning on rising

Thereby, *Ginkgo biloba* has proven to be an important remedy for patients who were clear minded and happy, but when put in this isolating situation suffer sudden dementia with memory loss, confusion, weakness, moroseness, and depression. Clinically, I have seen homeopathic *Ginkgo biloba* trigger a wonderful return to health – their joy for life returns and their memory and concentration is restored.

This is more of a representation of an immediate causative situation. Therefore, this plant and others are good for circumstantial immediate 'wounds' like this one. I will be discussing this remedy and other plant remedies at length in Volume 2.

Also in Volume 2, I will be exploring many of the environmental factors for cognitive decline. In the modus of 'similar curing similar', I discuss remedy solutions, such as homeopathic remedies energetically potentized from toxic metals such as aluminum, mercury, and other environmental toxic elements. Homeopathic preparations of pharmaceuticals and anaesthetics made from inert gases indicated for mental decline following surgery will also be discussed.

I enthusiastically start, though, in Volume 1, with an introduction to the homeopathic treatment of various brain problems, especially Alzheimer's disease, with solutions based on fish remedies.

Fish Homeopathy Remedies

Discovery of Fish Remedies in General

This book's materia medica focus is fish homeopathic remedies. I am going to discuss both how I discovered their importance including their relationship to dementia and also their standing as a unique class of remedies in our materia medica. This chapter goes through my historical discovery of their use and an overview of materia medica fish themes. Individual fish remedies, including how to distinguish their individual homeopathic indications is discussed in further chapters.

There are now quite a few sea remedies in homeopathy. Interestingly, the only animal kingdom remedy that Hahnemann proved was sepia ink, coincidentally a sea remedy. But there is a difference between fish remedies and remedies made from sea mollusca like *Sepia* or *Murex* in our historic materia medica. Notwithstanding, there were a few fish remedies in the classical homeopathic texts.

I first published a chapter about fish in 2003 (19 years ago) where I discussed my clinical experience with *Oleum jecoris* (oil of cod) in the book *Clinical Focus Guide to Homeopathic Remedies*. This discussion came on the heels of a proving of salmon (*Oncorhynchus tshawytscha*) by Jeremy Sherr. I had utilized *Oleum jecoris* for various clinical problems such as coughs or even obstructive pulmonary disease where there is abundant mucus with a thick rattling cough and also fibromyalgia where the disposition agreed. With successful prescriptions and observation of the disposition, general and mental state beyond the few repertory rubrics, I came to an insight into this remedy and also an early insight into fish remedies in general.

In *Oleum jecoris* there is an additional fish remedy aspect having to do with the fact that it was rendered into an oil (oleum). I have divided the chapter on cod into *Oleum jecoris*, made from cod liver oil, and *Gadus morhua*, made from bone of cod. In general, many fish are oily and fish oil is commonly used as a supplement and therapeutic agent and the oil aspect can also be seen in fish remedies in general.

Describing the dispositional state of *Oleum jecoris*, I wrote in the book:

> The main characteristic of this patient is that they, in spite of being full of light and virtue, invite in unwanted influences and then suffer, particularly materially, as a result of this. In spite of this, these individuals are usually hard-working and creative (the tubercular quality). Like other fish remedies there is a quite ambitious quality and even high sexuality.

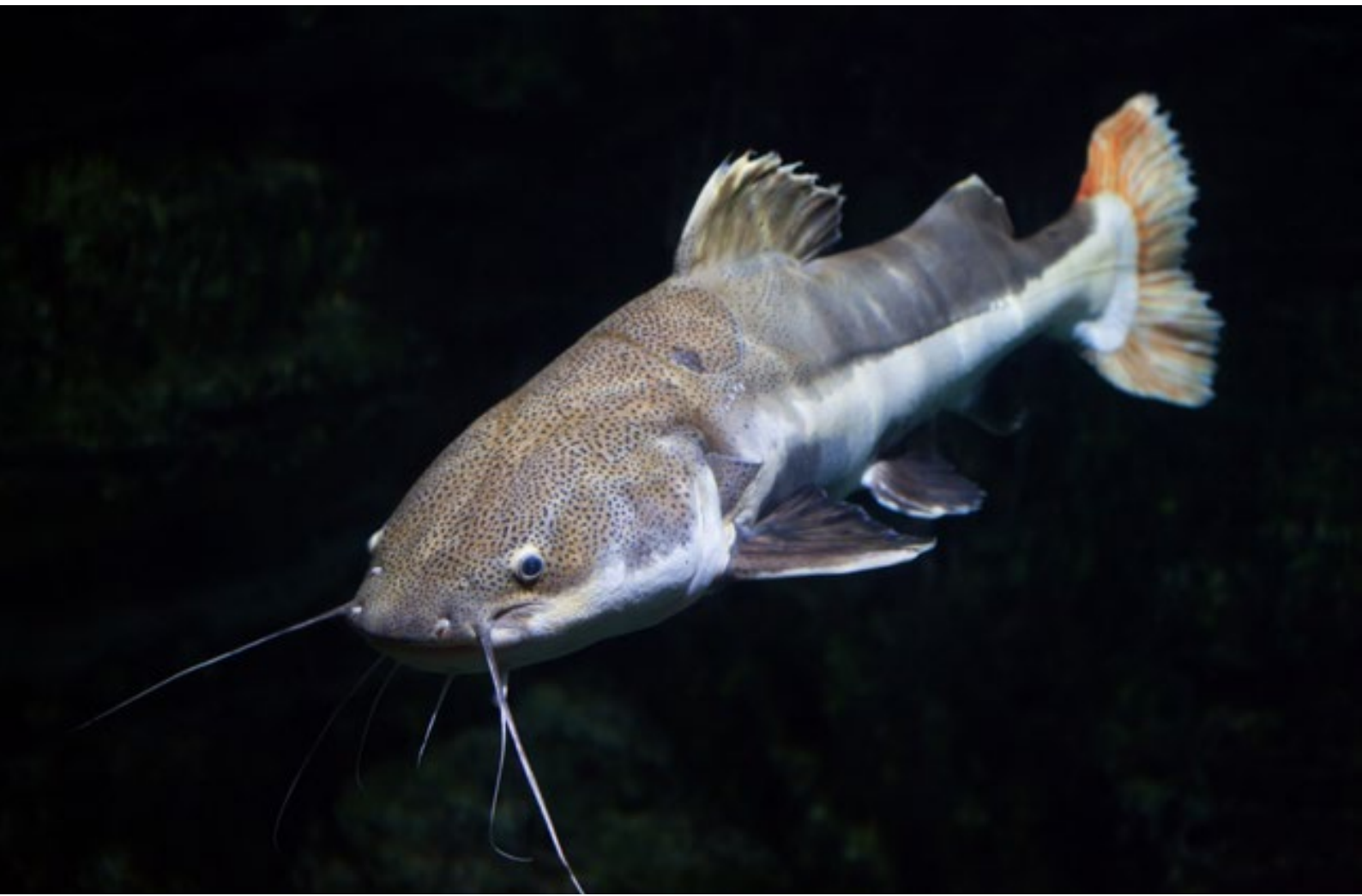
They are pathologically affable and generous in the right circumstance. They attract individuals who have strong personalities, even with criminal tendencies, either as a business partner or as an intimate partner or spouse. They perceive themselves as small.

I put this remedy in a broad category of what I called soft-sided remedies. Meaning that they experienced a kind of vulnerability and could easily feel exposed.

Oleum jecoris patients are altruistic and have a great desire for a partnership or other people around them to function in a safe and effective manner. This vulnerability makes them feel quite sensitive to any kind of insult or attack. At the same time, a patient who needs a fish remedy can feel easily ripped off and intensely resentful which can be hard to express to the individual who has taken advantage of them.

As time went on I became clinically more familiar with many different fish remedies. There are some general themes similar to many of the themes of *Oleum jecoris* as well as differences between the fish remedies. These differences are usually a reflection of how the fish function and socialize in their environment.

For example, the Atlantic cod (from which the remedy *Oleum jecoris* is made) are "a shoaling species and move in large, size-structured aggregations" [Wikipedia]. *Oleum jecoris* is also in the rubric "Affable" which means 'easy to talk to'. But the word affable also has another connotation which describes someone who is pleasant and easy to get along with. After some time, I discovered many of these tendencies are found in fish remedies generally.



Over the years I've prescribed quite a few different fish remedies and come to a substantial understanding which corroborated the original understanding I had of the disposition seen in *Oleum jecoris* patients. *Oleum jecoris* has a strong focus on business, yet not all fish remedies have this focus. In *Oleum jecoris* there is a combination of both materialism and altruism. And you may hear a version of this story: At one time they had a thriving business but then the partner they invited in took it away from them. In other fish remedies the focus is not so much on business but we do see the themes of losing something valuable, or losing out, with affability as well as loss of personal identity.

There are some similarities with the remedy made from salmon (in the Salmonidae) and *Gadus morhua*, the codfish, and *Oleum jecoris*, the oil from its liver. But the big difference in the natural history of these fish is that salmon are anadromous which means they are born in fresh water, migrate to the salt water in the ocean and then return to spawn in fresh water. They go upstream to the place they were born. This is reflected in the homeopathic proving symptoms and my clinical experience. Many of the symptoms are about going home, going back to childhood and mother – going back in utero. I find that *Oncorhynchus tshawytscha* is a very good remedy for someone embroiled for years in therapy, trying to find the source of their problems within their recollections of the group or family. The concepts of circling back and circles is quite strong for *Oncorhynchus tshawytscha* and this can also be a general theme of fish remedies.

As time went on, a number of other fish were proven and with my interest in fish remedies I made more connections and used a varied assortment of fish remedies. For example, the remedy *Erythrinus* (the red wolf fish) was proven by Joy Lucas in 2008 even though it was already in the classical homeopathic literature. The proving of herring, *Clupea harengus*, was done by the British School of Homeopathy. They are both very comprehensive provings of fish remedies and provide an enormous amount of clinical information.

More recently, I personally did provings and encouraged my students and colleagues to do more provings of fish remedies. *Paracanthurus hepatus* (blue tang), *Lepomis gibbosus* (sunfish), and *Thunnus albacares* (yellowfin tuna) were proven by myself along with others, and some separately, by graduates of the Homeopathic Master Clinician Course and Great Lakes Proving Group. In the sunfish proving one of the provers discussed teamwork as an important aspect and, like the expansion of all bodies of knowledge, including homeopathy, teamwork is an essential part. As time went on, I was able to get other proving information from Doug Brown, Olga Fatula, Heike Dahl and Paul Theriault and more. Much appreciation is extended to all who led and participated in provings and provided such good information.

[Adapted from an article by Louis Klein in the New Homeopath, journal of the UK Society of Homeopaths]

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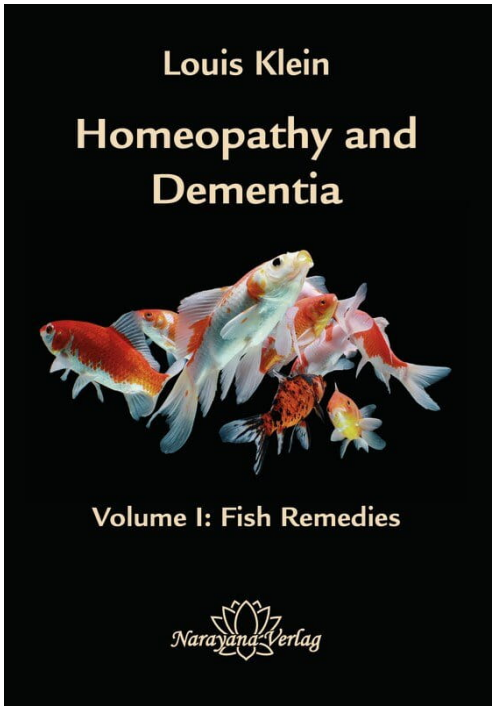
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