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BOOK REVIEW HOMEOPATHIC TIMES

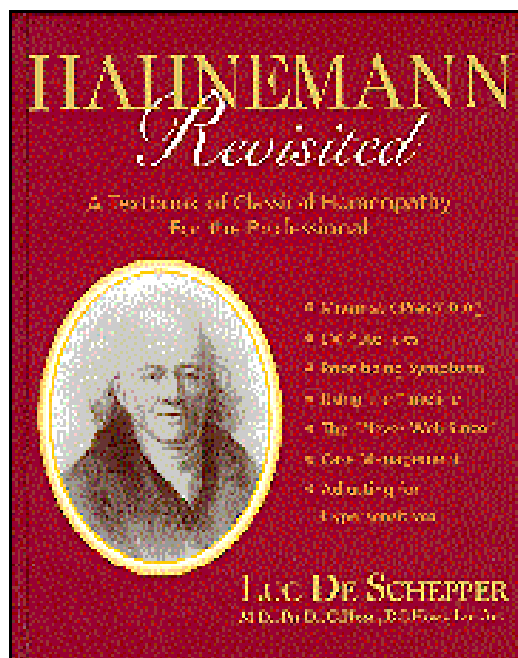
HAHNEMANN REVISITED

DR LUC DE SCHEPPER

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Dr Luc De Schepper published *Hahnemann Revisited* in 2001 as a textbook of classical homeopathy intended for the '*serious student of homeopathy, for the practicing professional homeopath and for the health care practitioner interested in learning more about it*'. It is an excellent book, a comprehensive and quintessential guide to classical homeopathy, and an invaluable addition to any homeopath's collection of books, [perhaps placed on the shelf beside the *Organon of the Medical Art*, by Samuel Hahnemann!]. The book will be read and re read and every time benefits will be derived from it by the homeopath, regardless of the experience of the reader, the number of cases seen or the length of time in practice.

Peter Morell writing in *Simillimum* describes *Hahnemann Revisited* as "*one of the best modern textbooks on the subject that is currently available. It is written with great clarity and might seem to comprise a modern version of Kent's Lectures, Close's Lectures and Vithoulkas' Science of Homeopathy, all rolled into one... Indeed, if a student only purchased this book, a materia medica and a good repertory, it is hard to see how they could not soon become an excellent practitioner....It seems destined to become a classic text in the field for many years to come.*"

Dr Richard Hiltner M.D., President of the California State Homeopathic Medical Society considers *Hahnemann Revisited* "a magnificent treatise in the foundations, healing process and chronic miasms of Homeopathy...Dr De Schepper demonstrates his exceptional knowledge of classical homeopathy and all of its major masters".

Dr Luc De Schepper qualified as a medical doctor in his native Belgium in 1971 but quickly became disillusioned with the limitations of conventional medical practice, 'discarded all (his) medical text books and replaced them with acupuncture and homeopathy books'. Dr Luc states that of all the different holistic modalities he has studied and practiced 'homeopathy is more powerful, goes deeper, acts more quickly and benefits the patient more than any other modality'. He has practiced homeopathy exclusively since 1991 in New Jersey and subsequently in San Diego, California and has seen over 200,000 patients in more than 20 years of practice 'In my own practice I saw patients referred by gynaecologists, paediatricians, dermatologists, internists, cardiologists, ophthalmologists, oncologists and other specialists-patients for whom these specialists had no more answers. It was gratifying to see them heal... thanks to the gentle power of homeopathy. We have no need for specialists in homeopathy; a homeopath is trained to take all comers". Dr De Schepper founded the Renaissance Institute of Classical Homeopathy in the USA in 1993 and he now devotes his time to teaching and lecturing extensively around the world including the United States, Australia, Africa and Canada..

The hard back book is well bound and is in large-format, consisting of nearly 600 pages, divided into three sections ['The Foundations', 'The Healing Process' and 'The Chronic Miasms'] with 25 chapters, four appendices, 44 clear diagrams, a broad further reading section and comprehensive bibliography. Despite the depth and width of the subject matter, and the classical texts of homeopathy from which much of the information is drawn, the book is written in a style that is clear and contemporary. The author has an ability to take very complex subjects and teach them in language that is easily understood, with apparent ease that comes from a deep familiarity with the philosophy, theory and practice of homeopathy. All the concepts throughout the books are backed up with relevant examples and illuminating and interesting case studies

Dr De Schepper quotes throughout the book from relevant passages of Hahnemann's *The Organon of the Medical Art* [4<sup>th</sup> 5<sup>th</sup> and 6<sup>th</sup> editions] and *Chronic Diseases* and draws from the writings and published cases of many of the masters of homeopathy [including Kent, Hering, Farrington and Nash]. Based on his own years of experience in treating patients Dr Luc interprets with ease the teaching of the founder of homeopathy, and the old masters, and integrates their accumulated wisdom into practical advice for the contemporary reader. In the process, he shares with the reader his own deep understanding and love of classical homeopathy.

As Peter **Morrell** states "*detailed study of the text provides the student with an excellent grounding in how to practice homeopathy and how to become a skilled and successful practitioner. It is definitive, authoritative and comprehensive in scope, content and detail, providing also in places some sound historical perspectives, against which to view certain aspects of the subject, for example miasms and nosodes. It is hard to find words to convey the richness, usefulness and clarity of the text.*"

Dr Luc opens the book with a brief overview of Hahnemann's life and work. He devotes much of the remainder of the book to discussions of how to treat chronic disease with homeopathic remedies. In PART 1 [THE FOUNDATION] Dr De Schepper opens with the question '*Who is the patient?*' He explores the '*highest ideal of cure... rapid, gentle and permanent*' and discusses the healing action of the vital force; revises the '*infallible*' Laws and Principles of Homeopathy [including an explanation of the primary and secondary action of the remedy on the vital force; the principles of provings; the potentised dose; Hering's observations on the direction of healing and the importance of patient individuality].

Some interesting chapters follow, devoted to the issue of potencies. Dr De Schepper charts the development of Hahnemann's thinking in the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> editions of the Organon and points out that Hahnemann devoted the last 12 years of his life to perfecting the method of LMs which are in the author's opinion "*the greatest treasure of homeopathy*". The author then presents a comprehensive discussion on the advantages and disadvantages of using dry doses, high potencies, remedies in water and suggested dosages and methods for administering the remedies in both acute diseases and chronic treatment, depending on the '*sensitivity of the patient the nature of the disease and the nature of the remedy*' -each of which is discussed in some detail. He observes that in acute conditions "*a remedy given in water touches the nerve endings in the mouth and works almost instantaneously, faster than any pharmaceutical, even those given with an IV push*".

The next chapter devoted to LM potencies is inspiring, very well illustrated and may persuade many homeopaths who have been reluctant to use LM potencies to introduce them to their practice. By following the method Hahnemann used in the 6<sup>th</sup> edition of the Organon the author encourages the homeopath to follow in the path of Hahnemann "*to accelerate the cure for all our patients while minimizing the aggravations.*"; He explains clearly how to implement the method, along with clear illustrations and clear instructions for homeopaths and patients. The chapter is filled with practical advice on how to administer the LM potencies correctly, how to assess patient responses to the remedy, and how to manage a case.

The chapter is written with a deep understanding of the process of healing using LM potencies by a homeopath who converted his practice from prescribing centesimal potencies to LMs, and who believes that Hahnemann's '*greatest gift to us*' is LM potencies. He hopes that his book will "*serve as a guide for students and experienced practitioners alike so that Hahnemann's last and most remarkable achievement receives the wide publicity and extensive use it deserves*" :

*"Many who would otherwise want to try LMs have been deterred by misinformation.. that LMs are too difficult and too unwieldy to use, or that patient compliance is poor.I have found that the majority of patients can understand and correctly follow the directions for LMs; not only that , they enjoy the sense of actively participating in their own healing... .LMs require a modicum of additional study in the beginning, but they more than make up for it in the ease of practice which they provide. I have worked with both centesimals and LMs and I found a remarkable difference when I converted my practice to using LMs almost exclusively; the pace of cure was so speeded up that I felt my entire practice had been put in a VCR on 'fast forward' and the patient's reactions were so highlighted and clarified that it was like switching from black-and white to color TV. I no longer had needed to spend time puzzling over the patients' reactions and how to proceed because LMs made the picture dramatically clearer".*

Dr De Schepper describes in detail the process of case taking in both chronic and acute cases with examples, in the next chapter. He emphasises the importance of remaining silent and writing down key points exactly in the patients' own words, suggests useful sequencing of questions, and gives pointers for the observation of the patient including how to assess the colour and coating of the tongue.

The chapter on constitution, timeline and temperament is very informative and includes several useful diagrams, and completes the first part of the book.

PART 2 [THE HEALING PROCESS] explores the process of prescribing, the second prescription and special forms of prescribing. The opening chapter explains the methodology for the search for the simillimum including the general principles of remedy selection, and goes on to outline the particular methodology Dr Luc uses in the selection of a remedy. This includes consideration of the miasmatic state of the patient, the etiology of the disorder/ the mental/emotional factors, general physical symptoms, food cravings, aversions and aggravations, sleep and sexuality, particulars and the chief complaint, all of which are explained with practical examples.

The next chapter discusses golden rules of prescribing with some invaluable hints from the old masters which the author has found helpful in his own practice. He includes some special forms of prescribing including intra-uterine prescribing, prescribing for birth trauma and neonatal problems, breastfeeding infants, and discusses symptoms occurring during acute illness, life stages and mental disturbances etc.

A chapter is devoted to delusions following the author's suggestion in the chapter that when we see a patient in front of us it is helpful to ask ourselves "*What is the essence of what is going on for this person? What is driving this person? What is her central passion in life, and Why is she saying this?*" The delusions which manifest in some well known remedies are explored and practical advice is given on how to use the delusion rubrics in practice.

In the chapters that follow, Dr De Schepper discusses aggravations, healing crises, suppression and obstacles to cure in a chapter on management of the case, presents detailed scenarios of 12 possible reactions to the first prescription with clear examples and diagrams, followed by management tips from the old masters.

The next chapters in Part 2 discuss palliation and incurable diseases including remedies for the dying patient, the use of nosodes in chronic illness and indications for use of the nosodes associated with the four original chronic miasms. The final chapter discusses the bowel nosodes, indications for their use and instructions for their administration and repetition with a critical view of when and how they might be used.

PART 3 of *Hahnemann Revisited* is devoted to THE CHRONIC MIASMS- including a revision of Hahnemann's miasmatic theory from *Chronic Diseases*. Like Hahnemann, Dr De Schepper finds the miasmatic theory '*a powerful and essential tool*' and invaluable in prescribing. He discusses with clarity the role of miasms in disease, acute miasms and important principles of miasmatic prescribing. Separate chapters explore each one of the miasms - there is, therefore, a chapter about the psoric miasm, the syphilitic miasm and the tubercular and cancer miasms . Each chapter outlines the main areas of manifestation of the miasm and details the mental/emotional/physical symptoms of each miasm in a lively and interesting way and follows with some suggestions for treatment of each miasm. Further information on the miasms is to be found in appendix 3 where there is a clear 24 page listing of miasms and their symptoms.

The final chapter of the book is devoted to the treatment of cancer,

*"While this may seem to contradict my cautions against allopathic prescribing ( prescribing for the pathology not the person) in fact the successful homeopathic treatment of cancer epitomises all the techniques taught in this book...it requires an understanding of the Never Well Since, the mental/emotional state of the patient/ suppression/ the Laws of Hering and the difference between palliative and curative prescribing Above all, it requires a thorough understanding of miasmatic prescribing...Finally, cancer provides an excellent example of how homeopathy can successfully treat diseases which have eluded allopathic medicine"*

Dr De Schepper discusses not only how homeopathy can help patients with cancer but how the homeopath can support the families in their ordeal as they caretake the family member with cancer.

The book concludes with a chapter entitled *"Homeopathy ;Medicine for the New Millennium"* and ends with the acknowledgment by Dr De Schepper that:

*"Practicing homeopathy requires mastering a massive body of information. There is no escaping the serious study required to become a master homeopath. But I believe that it requires more than knowledge. Homeopathy is based on love for our patients, love of the human condition and compassion for all the foibles and weaknesses of humanity. Being a good homeopath requires us to understand our patients deeply...Homeopathy requires a powerful, disciplined mind and a loving, open heart. I always tell my students as they graduate from my program " You are all lights in the darkness" May you, my dear readers, be lights in the darkness as well, as you heal and teach others to heal".*

The appendices contain some forms which can be used in a homeopath's practice; includes 5 pages of remedies indicated in 'aliments from, or never well since'; and gives a helpful 24 page listing of symptoms and their miasms. There are 9 sample cases with the solutions including the lists of all possible rubrics, assessment of the cases, and solutions to cancer cases.

The final appendix is an interesting discussion of the similarities between *'the two great healing modalities of homeopathy and Traditional Chinese Medicine'* which may be of particular relevance and interest those students and practitioners of homeopathy who are studying Dr Stephen Gascoigne's *'The Clinical Medicine Guide'*.

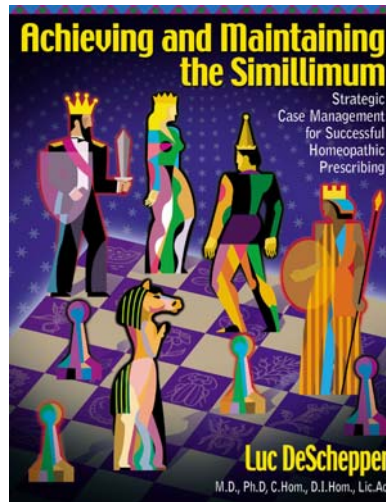
I can highly recommend this book to students and practicing homeopaths highly - it contains a wealth of information and homeopathic philosophy, theory and practical applications of Hahenemann's healing art...**END of REVIEW.**

READ AN INTERVIEW WITH **DR LUC DE SCHEPPER** AND READ SOME MORE REVIEWS OF **HAHNEMANN REVISITED** ON [www.minimum.com](http://www.minimum.com)

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*ALSO BY DR LUC DE SCHEPPER, PUBLISHED 2004  
[To be reviewed ]t*



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**Hahnemann Revisited**

**Hahnemann Revisited**

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