

# ASHBY ADVISOR

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This is 2 of 2 Summer edition....

July is Alternative Health information Month

Alternative medicine is frequently grouped with **complementary medicine** or [integrative medicine](#), which, in general, refers to the same interventions when used in conjunction with mainstream techniques, under the umbrella term **complementary and alternative medicine**.

Hahnemann coined the expression "[allopathic medicine](#)", which was used to pejoratively refer to traditional Western medicine.

**Homeopathy**; from the Greek *hómoios*- ὅμοιος- "like-" + *páthos* πάθος "suffering" ) is a form of [alternative medicine](#). Practitioners treat patients using highly diluted preparations believed to cause symptoms in healthy individuals similar to the undesired symptoms of the person treated.

"Remedy" is a technical term in homeopathy that refers to a substance which has been prepared with a particular procedure and intended for patient use; it is not to be confused with the generally accepted use of the word, which means "a medicine or therapy that cures disease or relieves pain".

Homeopathic practitioners rely on two types of reference when prescribing remedies: [materia medica](#) and repertories. A homeopathic *materia medica* is a collection of "drug pictures", organised alphabetically by "remedy," that describes the symptom patterns associated with individual remedies. A homeopathic repertory is an index of disease symptoms that lists remedies associated with specific symptoms.

Homeopathy uses many animal, plant, mineral, and synthetic substances in its remedies. Homeopaths also use treatments called "nosodes" (from the Greek *nosos*, disease) made from diseased or pathological products such as fecal, urinary, and respiratory discharges, blood, and tissue. Homeopathic remedies prepared from healthy specimens are called "sarcodes".

**Acupuncture** is an [alternative medicine](#) methodology originating in [ancient China](#) that treats patients by manipulating thin, solid needles that have been inserted into [acupuncture points](#) in the skin. According to [Traditional Chinese medicine](#), stimulating these points can correct imbalances in the flow of *qi* through channels known as [meridians](#). However, scientific research has not found any [histological](#) or [physiological](#) correlates for *qi*, meridians and acupuncture points, and some contemporary practitioners needle the body without using the traditional theoretical framework.