

What is homeopathy?

Homeopathy is a natural form of medicine used by over 200 million people worldwide to treat both acute and chronic conditions. It is based on the principle of 'like cures like'. In other words, a substance taken in small amounts will cure the same symptoms it causes if taken in large amounts.



The holistic nature of homeopathy means each person is treated as a unique individual and their body, mind, spirit and emotions are all considered in the management and prevention of disease. Taking all these factors into account a homeopath will select the most appropriate medicine based on the individual's specific symptoms and personal level of health to stimulate their own healing ability.

Homeopathic medicines are safe to use as they rarely cause side-effects. This means when used appropriately under the guidance of a qualified homeopath they can be

taken by people of all ages, including babies, children and pregnant or breastfeeding women.

What does homeopathic treatment involve?

Homeopathic doctors work in the same way as any other conventional doctors. History taking, examination and investigation are all important in establishing the diagnosis. However, as well as asking about your symptoms, a homeopathic doctor will be interested in you as an individual and the unique way in which your symptoms affect you.

The homeopathic consultation

Questions about your lifestyle, eating habits and preferences, temperament, personality, sleep patterns and medical history help the doctor to form a complete picture of you. This picture will be matched to the symptoms of your illness in order to prescribe a particular type and strength of homeopathic medicine.

As a guide your first appointment could take anything up to an hour, with follow-up appointments typically lasting 30 minutes.

Preparing for your appointment



To get the most out of a consultation, it is helpful to make some notes beforehand and to think through all the issues that are affecting your health. Some homeopathic practitioners ask new patients to complete a questionnaire before their first appointment. This is a helpful way of saving time and to your advantage to do so if requested.

The medicine

At the end of the consultation your homeopathic doctor will give you a prescription and advise you how often to take the medicine. Homeopathy is usually taken in tablet or pillule, but is also available in liquid and powder form. You may be prescribed a homeopathic gel or cream for topical use as well.

Where homeopathy helps

Long-term problems

Homeopathic doctors often see patients with long-term, chronic problems, many of which have failed to respond to conventional medicine, such as arthritis, asthma, migraine, chronic fatigue syndrome, depression, eczema and irritable bowel syndrome.



However, as a system of medicine homeopathy is designed to treat the whole person and can therefore be considered in almost any situation where a person's health is depleted. It can also be very useful in the treatment of minor ailments, from cuts and bruises to coughs and colds. A medical doctor trained in homeopathy will know when it is most effective to use homeopathic medicine, conventional medicine or a combination of both.

Doctors, dentists, vets...

As well as doctors there are nurses, midwives, dentists, vets, pharmacists, podiatrists and osteopaths, all using homeopathy in their daily practice.

Medical conditions commonly seen

Allergy, anxiety, asthma, catarrh, chronic fatigue syndrome, chronic rhinitis, cough, Crohn's disease, depression, Eczema, fibromyalgia, hay fever, headache, irritable bowel syndrome, menopausal symptoms, migraine, multiple sclerosis, osteoarthritis, premenstrual syndrome, rheumatoid arthritis, upper respiratory tract infection, vitiligo.

Dental conditions commonly seen

Anxiety, apical abscess, gum swelling, pericoronitis, periodontal abscess, post-surgery pain, reversible pulpitis, sensitive cementum, tooth extraction, toothache with decay.



Homeopathic research is still in its infancy but several of the conditions above, and a number of others, have a published evidence base.

Helping pets

One of the interesting things about homeopathy is that it can have great results in animals. Sceptics often use the argument that homeopathic treatment works because it is all in the mind of the patient. It would be hard to apply this argument to your pet cat or dog!

Conditions often seen



The conditions most commonly seen by homeopathic vets are arthritis, atopic dermatitis, lameness, epilepsy, diarrhoea, aggression, fear, pruritus, hyperthyroid and kidney failure. Patients are predominantly cats and dogs.