Prescribing Organotherapy

Most Organomedicine can be prescribed safely at a 7c potency. Where a definite imbalance exists, a higher or lower potency can fine-tune a case and help to restore balance.

When using a single remedy, it is important to decide whether a stimulating, normalising or suppressing potency is required. An overactive organ, or a hormonal excess may require an 8c potency or greater. An underactive organ or a deficiency state may require a 4c-5c potency. An organ requiring detoxification and tonification requires a 7c potency only.

Potencies under 10c can be given 1-3x day. Twice daily is commonly prescribed for a 7c potency. 30c potencies are best given less frequently, usually 1-7x week on average.

Nosodes are given for a short period of time. For example, Glandular Fever Virus Nosode can be given in 30c potency 3x week in a case of Post Viral Syndrome for 3 weeks. Long term treatment is not required.

Hormones, hormone derivatives and their relative glands may require longer term treatment, even over a period of months.

A high potency requires less dosage, even weekly or monthly. Lower potencies can be repeated often, even several times a day. Higher potencies are required sometimes for acute symptoms, pain, nosodes, intense symptoms and emotional/mental symptoms.

Where an isopathic medicine is not required, but administered, the medicine will act as a benign substance. Where combinations are used therefore, and some of the ingredients are not useful, they will simply not act as medicines. Repeated doses of an unwanted medicine over a long period of time, however is not advisable.

Classical homoeopathic principles also apply to organomedicine. Where a patient is responding well to a potency and dosage, aim to reduce the frequency. Orthodox Medicine insists on maintaining the regime indefinitely. Homoeopathy suggests a “less is best” approach. Reducing the dose to daily, every second day, twice weekly, once weekly, etc. is sound prescribing advice. Examples as follows:

<table>
<thead>
<tr>
<th>Ailment</th>
<th>Dosage</th>
</tr>
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<tbody>
<tr>
<td>cardiac insufficiency</td>
<td>Cor 7c BD</td>
</tr>
<tr>
<td>vaginal candidiasis</td>
<td>Candidia 30c BD for 7 days</td>
</tr>
<tr>
<td>PMT (low progesterone)</td>
<td>Progesterone 4c daily throughout cycle</td>
</tr>
<tr>
<td>Disc erosion</td>
<td>Discus 4c BD long term</td>
</tr>
<tr>
<td>Hypothalamic tumour</td>
<td>Hypothalamus 10c BD until next scan</td>
</tr>
<tr>
<td>High TSH</td>
<td>TSH 30c every second day</td>
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<tr>
<td>Lymphatic congestion</td>
<td>Lymph 7c BD</td>
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Cardiovascular system

Conditions that indicate the need for Organotherapy include

- Atherosclerosis
- Aortic complaints
- Aneurisms
- Angina
- Cardiac pain
- Valvular dysfunction
- Myocardial infarction - recovery
- Angina
- Ischaemic heart disease
- Hypertension

Isopathic principles of potency

Isopathic medicines can sedate, stimulate or balance organ function. This can depend on the potency used. How the disease affects the organ tissue, will determine which potency is most suitable.

<table>
<thead>
<tr>
<th>Low potencies (4-5c)</th>
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<tr>
<td><strong>Stimulate</strong></td>
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<td><strong>Suppress function</strong></td>
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Organ medicines are a basis for many prescriptions for cardiovascular complaints. They are combined effectively with classical ingredients, allergens and nosodes. The following list of ingredients illustrate the diversity of modern prescribing techniques using isopathic and homoeopathic medicines.

- **Aorta:** Indicated in cases of atherosclerosis, aneurisms and aortic stenosis.
- **Arteria:** Indicated in cases of atherosclerosis.
- **Blood (Sanguis):** Indicated in anaemia, hypercholesterolemia, toxaemia and other conditions of the blood.
- **Coronary Veins (Vena Cordis):** For diseases of the coronary veins, including aneurisms and thrombosis.
- **Cholesterol:** For hypercholesterolaemia. Diseases linked to hypercholesterolemia include angina pectoris, acute myocardial infarction, arteriosclerosis.
- **Cor:** For cases of heart disease such as enlargement, atrophy, valvular dysfunctions, heart failure, infarction and hypertension.
- **Valvula mitralis:** For cases of mitral valve stenosis (narrowing) or incompetence (regurgitation).
- **Ventriculi cordis:** For cardiac insufficiency.
Immune / lymphatic system:

Conditions that indicate the need for organotherapy, suited to immune / lymphatic system disorders include:
- Recurrent infections, throughout the body
- Glandular infections such as mumps and tonsillitis
- Infections with profound fatigue
- Vaginal candida
- Cystitis
- Glandular fever
- Warts
- Fluid retention in tissues.
- Acute colds
- Swollen glands
- Viral infections

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- Nodi Lymphatici and Vasa Lymphatica: Lymphadenopathy, fluid retention, immune dysfunction, toxicity states, low lymphocyte count.
- Thymus: Poor T cell production, lowered immunity, tumours
- Lein: Spleen deficiency, decreased immune function, splenomegaly, excessive breakdown of red blood cells.
- Tonsillae pallantine: Cases of tonsillitis and infections, inflammation.
- Medulla Ossium: Increased or decreased blood cell production or immune function.
Nervous system

Conditions that indicate the need for organotherapy in nervous system disorders include:

- Speech problems
- Attention Deficit disorder
- Poor Co-ordination
- Learning difficulties
- Difficulty concentrating
- Difficulty finding the "right" words when speaking
- Poor memory
- Migraines / Headaches
- Neuralgic pains
- Anti-social behaviour
- Depression
- Difficulty concentrating

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Organ medicines are a basis for many prescriptions for nervous complaints. They are combined effectively with classical ingredients, allergens and nosodes. The following list of ingredients illustrate the diversity of modern prescribing techniques using isopathic and homoeopathic medicines.

- Cerebrum: Nervous system dysfunction, right and left hemisphere imbalance. Language, calculation, logic, perception weakness.
- Cerebellum: Cerebellar astrocytoma, and other neoplasms. Physical trauma. Coordination problems in skeletal muscle.
- Medulla oblongata: Nervous system dysfunction involving the sympathetic division, vascular tension, cardiac arrhythmia, breathing problems, nerve reflex disorders such as hiccough.
- Nervi: Numbness, neuralgia, Multiple Sclerosis, weakness and paralysis. Trauma, viral infection, bacterial infections, Tay Sachs disease, Multiple sclerosis and neuromas. Surgical injury.
- Meninges: Meningitis, haematomas, non-specific nervous disorders.
- Liquor cerebrospinalis: Any nervous system pathology requiring nutrition and detoxification to the brain.
- Epiphysis (pineal): Behavioural disorders that are characterised by high degrees of irritability, anger or hostility. Melatonin deficiency, GABA deficiency
- Hypothalamus: Hormonal imbalance, thyroid problems, temperature imbalances, appetite imbalances, growth disorders, reproductive problems, nervous disorders, thermostat problems, sensory problems
- Cocculus: A classical ingredient used in cases of cerebrovascular spasm, one sided paralysis, numbness, unsteadiness and weakness in the lower limbs.
- Iodum: A classical ingredient used for forgetfulness, melancholy, suicidal tendencies, fear of people, anxiety and depression and a strong desire to always be busy. Overactivity of thyroid.
- Xanthoxylum: A classical ingredient for stimulating the nervous system. Paralysis, especially hemiplegia.
- Zincum met: A classical ingredient for cerebral depression. The mind symptoms cover a weak memory and feeling as if lethargic and stupid. Restlessness, tremour, exhaustive states.