

Self-experimentations in the development of dynamic homopharmaceuticals: Advancing in unveiling the evidences

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Introduction: Provided the condition of the organism and its healthy state depend on the state of life that animates it, as a dynamic condition, its altered state – we term it ‘disease’ – expresses itself by altered sensations and functions that come into perception as an aggregate of cognisable symptoms. Cure of diseases occur virtually and dynamically by medicines. In harmony to the Similarity Principle, in which where something has its origin, there also has its end, the dynamic power of a substance is the same, whether transforming natural illnesses into former state of health, or acutely altering the health of an experimenter. This last one, a kind of artificial disease in one’s health, is the strongest of both and offers sufficient knowledge of dynamic changes and certain morbid symptoms. Therefore, it is the most trustworthy information concerning morbid states that can be most certainly cured by means of each particular medicine, namely, by proof in health, by self-experimentation of a substance. In order to cure, recognition (that so on succeeds cognition) guides the prescription of a dynamic similar remedy, in a sufficient power that annihilates the weaker one (the natural disease) from the sensation of Vital Force.

Objectives: Aiming to contribute to the reinvigoration of the culture of self-experimentation of simple substances in one’s own health for the production of sufficient knowledge of the simile, essential to the healing art of cure, we report an experience of homeopathic self-experimentation.

Methodological description: we performed a descriptive analysis by participative observation of self-experimentation and instrumentation of a particular substance in conduction of a medical case.

Results and discussion: We voluntarily made our own waking and sleeping psyche available, including observations of circumstances, with suspension of judgment, in favor of *Nasturtium officinale* in the thirtieth centesimal Hahnemannian, sniffed gently once. We constituted a written record and found an individual pattern of sense perception, and then, reunited beyond a group of an average of fifteen moderate, sensitive, fraternal, truth loving people, as if in a conversation circle. So, we elaborated a primary and secondary materia medica based on experimental memory of inconclusive sufferings, agreeing with idea of closing, finishing, terminating or achieving something, yet matching with guarding, protecting, accumulating, even covering something, with feeling of tension.

We accepted a case of a woman who asked if her Italian accent has come into note, which she was yet trying to adapt to Brazil, since she arrived 9 years ago. That her sickness had started with some chills and cold provided by staying in open places, then with a cough that has prolonged for more than 2 months. A medical investigation conducted to the diagnosis of bronchitis, with bronchiectasis, with a prescription full of allopathic medicines. The doctor told something about “closed alveoli”. She had made a relationship between this malady and sufferings she had kept inside, without putting out or sharing, and, since then, with some difficulties in expressing herself. In her community, she was in charge of taking care of the newer ones, of being responsible for rapid resolutions, which accompanied constantly a state of tension.

With the homeopathic therapeutic proposal regarding this experimental memory of *Nasturtium officinale*, with a kind of amazement and laughing, followed by recording and

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thinking about some situations related to the process of illness.

She returned 2 months after, coming from an assembly, a community meeting. In this mean time, got to the pulmonologist, with agreement of a better situation, a tomography showing a closure of the bronchiectasis, and fibrosis progressing to areas of normal lungs, with consequent demedicalization. Felt better, expressing herself in a better way, including talking about things she did not agree, with relief of sensation of accumulation or weight. She was previously resentful of not being able to go to her mother's funeral, but now she was more positive about that, and as soon as possible, she would travel to Italy to see her sisters. Emotional, being at the same time more of herself, being more able to take care of the others, discovering herself.

Previous Knowledge of what is worthy of being healed by self-experience favored case recognition – a groupment of symptoms that covers in a peculiar discourse the essential totality, with its management consequently being a source of relieving weights, in accordance to the Principle of Similarity.

Movements of dissolution of the protective calluses of health, in this case, also accompanied the dynamic movements to a better disposition of health, this last ones of which are covered by regularity in the art of healing, expressed by revitalization, resignification, reduction in drugs, and annihilation of sensation of disease.

Final considerations: The pure homeopathic method unveils the necessary evidence and ensure sufficient certainty for professional therapeutic performances by mean of cure of dynamic diseases with peculiar homeopathic remedies. Pure self-experimentation in health produces dynamic homeopathic resources that, while enabling the process of therapeutic recognition, also include the physician in the dynamics of care, in a participatory activity of negligible cost, which greatly contributes to equalization in life.

Biography

Rodrigo Leonardo Goulart Gonçalves is from Brazil. He is currently doing well in Instituto Mineiro de Homeopatia/Minas Gerais – Brazil.

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