

# *Herbals & Homeopathy: The Difference*

*With the confusion today over the many herbal preparations available in pharmacies, it is necessary to explain the **distinction between herbals and homeopathy**. The difference between homeopathic medicines and herbal medicines is in the preparation and substances used.*

**H**erbal medicines are made from dried plants which are directly made into capsules for consumption. They are in the crude plant state so can have a number of side-effects which any good herbal book will advise. Samuel Hahnemann developed homeopathy because substances in their crude state can be poisonous. It is advisable for anyone wanting to try herbals to consult a qualified herbalist. Homeopaths use herbals to detoxify and nourish individual organs in the body and can be very specific about this.

**Homeopathic remedies** are made from plants, minerals, metals, gases and other natural elemental derivatives which are prepared with a system of repeated, very specific dilutions from a mother tincture which is formed when the particular substance is soaked for a period of time in alcohol/ H<sub>2</sub>O. It is then diluted several times so that only infinitesimal amounts of the original substance are left. Rather than becoming weaker, the **medicinal strength increases**, due to a process known as trituration and succussion which involves adding kinetic energy at each dilution. It seems that the more dilute and energized the medicines are, the more accurately the carrier fluid, which is usually alcohol and water, is able to transfer the medicinal potential or properties to the next dilution. The result is that the medicines are highly effective and the advantage of homeopathics over herbal medicines lies in

the lack of side-effects. (**Note: this does not mean that homeopathics are not dangerous. Because they are so deep-acting, consumers should never dabble with them or self-treat.**) Because the preparations are so diluted, the medicines are devoid of side-effects, but make no mistake about it, the homeopathics are powerful medicines in their own right, capable of treating epidemic diseases as well as tumors and even bone malformations.

There can be aggravations of a condition if the incorrect dose or frequency level of a remedy is chosen. Some individuals are highly sensitive and react quickly whereas some are stubborn in their response. It is generally considered a good thing to have a slight worsening before improvement of a condition. That means that there is a vital response to the medicine. The goal is gentle cure, but a slight diarrhea, a sore throat, a head cold: all of these developing after being given a remedy, indicate a reaction, a throwing off if you will and a healthy response. Homeopathy is a whole new way of looking at health and improvement and it takes some getting used to. Combinations of herbals and homeopathics can improve health on different levels and so are often used at the same time. The key is always to promote improvement gently and safely.