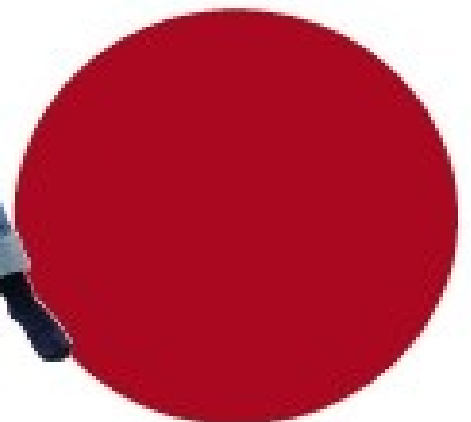


# Understanding Classical Homeopathy

Heidi Grollmann Urs Maurer

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Heidi Grollmann & Urs Maurer

# Understanding Classical Homeopathy

The Foundations  
of Classical Homeopathy

**Groma  
Verlag**



Understanding Classical Homeopathy  
Heidi Grollmann & Urs Maurer  
Groma Verlag  
eBook-edition 2018  
based on the 4th edition of the printed version  
ISBN 978-3-907188-01-9

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E-mail: [info@gromaverlag.ch](mailto:info@gromaverlag.ch)

Homepage: [www.gromaverlag.ch](http://www.gromaverlag.ch)

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Layout and design of the eBook edition: Peter Vint.

Publisher: 907188 - ISBN 978-3-907188-01-9

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## Foreword

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### 1<sup>st</sup> – 3<sup>rd</sup> Edition

**W**e noticed, in our daily work with our patients, that was a great need for an easily understandable introduction to Classical Homeopathy.

We were particularly requested to explain the basis of Classical Homeopathy, since it is so often confused with other alternative health practices. It is, in fact, an independent science with its own laws. Furthermore, a well-informed patient can better understand the course of his or her treatment, in its context, contributing to a speedier recovery.

These methods of treatment require a different understanding of health and disease. The patient must be prepared to confront his illness and the healing process.

With this book, and a variety of seminars, we wish to add to the amount of information available and to bring Classical Homeopathy to a wider audience.

### 4<sup>th</sup> edition

**T**he large demand -- over 10,000 copies sold in the German-speaking European area -- and the many positive comments from colleagues and patients has given us great pleasure. This shows that Classical Homeopathy is well established and widespread.

Now we have the fourth corrected edition already. We have reviewed and expanded the entire content. The following innovations enhance this addition: we have supplemented the various chapters with case histories taken from everyday practice. The chapter on the Miasms has been, after many requests from various quarters, greatly expanded. The chapter on Constitutional Treatment is new, as is the chapter on Frequently Asked Questions in the practice.

At this point, we wish to thank all those who, with their various comments, helped to add to this new edition. Also our thanks to Brigitte Kurath and Kathrin Büchi-Möller for their invaluable support.

Heidi Grollmann

Urs Maurer

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## Translator's Foreword

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**T**his book will always remind me of the beautiful Greek island of Alonissos. I first came to know of the book during an International Open Teaching Seminar on Homeopathy, taught by George Vithoukas, on Alonissos. It is such a beautifully produced and simple text, and I just knew that the English-speaking world would want to have the benefit of its easy and attractive introduction to Classical Homeopathy.

Patients and future patients of homeopathy will find in this book a clear and easily understandable introduction to the basics of the most powerful system of medicine in the world.

This book will appeal to all homeopaths who have been looking for a simple text that communicates to their patients the essence of what we, as homeopaths, do and why we ask such an awful lot of strange questions. I expect it to be on sale in most homeopathic practices that wish their patients to be as informed as possible about the nature of their treatment.

The authors of this book, Heidi Grollmann and Urs Maurer, are two of the nicest people and most passionate homeopaths that I have ever had the privilege of meeting. They run a busy practice, a thriving School for Classical

Homeopathy, seminars for professional and lay-person alike, write very appealing books on homeopathy, and still find time to run marathons and holes into the Zurich pavements.

All the wisdom and creativity is theirs, all the faults mine.

Hans G. Schrauder BSc LCH FHMA MGCP

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## Samuel Hahnemann (1755-1843) – Founder of Homeopathy

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**C**hristian Friederich Samuel Hahnemann the founder and discoverer of homeopathy was born in Meissen on the 12th of April 1755, the son of a porcelain painter. Financial circumstances were anything but rosy at that time. Because of his exceptional talent, he nonetheless found a patron that enabled him to go to High School. In order to study medicine in Leipzig, he was obliged to pay his way by giving foreign-language tuition and performing translation work. He was one of the most respected translators of his time. By the age of 24 he commanded seven languages both written and spoken. In 1779 he sat his doctorate examinations in Erlangen.

... more in the full version ...

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## The Law of Similars – Similia similibus curentur

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**T**he basis of homeopathy is the "law of similars". "Similimum similibus curentur". "Similars are to be healed with similars", i.e., an illness can only be healed with that homeopathic remedy, which produced similar symptoms in a healthy person.

... more in the full version ...

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## Disease and Cure – A question of the Vital Force

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**B**efore we occupy ourselves with the cure, we must settle exactly what disease actually is.

... more in the full version ...

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## Individuality – Everyone is different

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**A** very important rule in Classical Homeopathy is the view that every person is unique. The individual observation of the patient is the most important fundamental task of the homeopath. It is always the single, unmistakable person that is being treated. He becomes ill in his own particular way and produces his own symptoms.

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## Homeopathy – Allopathy

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### Quite different fundamental concepts

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**H**omeopathy and allopathy (orthodox medicine) have a quite different understanding of health and disease as their basis. In the previous chapter, we explained these thoughts from a homeopathic viewpoint.

... more in the full version ...

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## Homeopathic Medicines – Potentising

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### Sources

Homeopathic medicines are made from the following substances:

... more in the full version ...

### Preparation

Homeopathic drugs are prepared by a special process. Soluble materials are diluted and shaken (succussed) in stages, insoluble substances such as Gold, Iron, Quartz, etc., are dissolved step-by-step and ground up in milk sugar (Lactose).

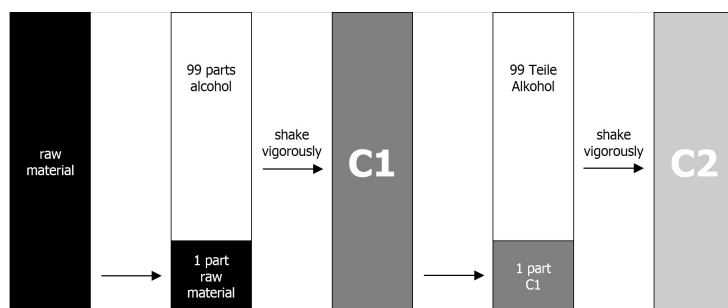
... more in the full version ...

## Potency

There are various potencies. Most useful are the so-called C-potencies (Centesimal potencies). These are prepared as follows:

... more in the full version ...

## Potentising Schedule



... more in the full version ...

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## Effectiveness

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**P**otentised medicines from 12C or 23X no longer have a single molecule left. It is merely the information of the remedy that is transferred to the alcohol/water mixture or milk sugar.

... more in the full version ...

... more in the full version ...

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## The Proving

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## Testing drugs the safe way - no animals involved!

The so-called 'proving' is an important tenant of homeopathy. It is very demanding and conducted according to special rules. The proving serves to establish the exact effect of a homeopathic substance, i.e., it is tested as to which symptoms a medication can produce and thus heal.

... more in the full version ...

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## Homeopathic Remedy Dosage

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### Using homeopathic remedies

The patient is often astonished when he gets only a few globules or "poppy seeds" that he is to take the next morning on an empty stomach. He asks whether that can be enough, his next appointment is, after all, weeks or even months away.

... more in the full version ...

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## 'Single' Remedies vs. 'Complex' Remedies

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The true art of the homeopath is in finding the correct homeopathic remedy. For that, much knowledge, time, patience, and experience is required.

... more in the full version ...

### Other forms of therapy and methods

In recent years, the expression "homeopathy" has far too often been used (or abused) for different forms of therapy.

... more in the full version ...

### The Complex Remedy



A further attempt to simplify homeopathy is the giving of so-called complex remedies.

... more in the full version ...

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## Acute and Chronic Diseases

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**I**n homeopathic treatment, one distinguishes between acute and chronic illness. With the acute as with the chronic illness, the Vital Force is disturbed.

... more in the full version ...

### Acute diseases

In acute illnesses, the Vital Force of the sick person can, as a rule, conquer the acute situation with its own energy.

... more in the full version ...

### Chronic diseases

The Vital Force behaves quite differently with chronic conditions. Typically, we find repeated unsuccessful attempts to restore health.

... more in the full version ...

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## The Miasmatic Disposition

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**I**n connection with the occurrence of chronic diseases or inborn bodily or mental disablement, the miasmatic disposition is of great importance for homeopathic treatment.

... more in the full version ...

### The Psoric Miasm

Psora is the fundamental miasm. It is the basis for the other miasms.

... more in the full version ...

## **The Sycotic Miasm**

In sycosis we are dealing with illnesses that occurs slowly and accompany the patient through the years.

... more in the full version ...

## **The Syphilitic Miasm**

We find destructive processes in this miasm. Diseases progress very quickly, go deep straight away, and are destructive.

... more in the full version ...

## **The Tubercular Miasm**

The tubercular miasm is a combination of the psoric and syphilitic miasm.

... more in the full version ...

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## **Incurable Diseases**

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**N**o method of healing, not even homeopathy, can perform miracles.

... more in the full version ...

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## **The Homeopathic Aggravation – A Healing Response**

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**D**uring homeopathic treatment it is not uncommon, especially in chronic cases, that the complaints are temporarily intensified.

... more in the full version ...

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## **The Healing Process – Hering's Law of Cure**

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The question is often put to us: “how long will this course of healing take?” The time taken to achieve a cure is dependent on many factors.

... more in the full version ...

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## Suppression – Making Matters Worse

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True cure does not just mean the disappearance of symptoms of disease (see chapter **Disease and Cure**).

... more in the full version ...

### 1. Suppression by Orthodox Medication

*The patient has been suffering for a long time with a skin eruption on the hands.*

... more in the full version ...

### 2. Suppression by Homeopathic Remedies

One can also suppress with homeopathy and other modes of treatment if the person is not seen in his entirety.

... more in the full version ...

### 3. Suppression of the Course of the Cure

Patients are continually mentioning during case-taking that they are currently receiving other therapies such as Bach Flower Remedies, Schüssler biochemical salts, bio-resonance, acupuncture, reflexology, etc.

... more in the full version ...

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## Case-taking in the Practice – Getting all the facts

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In the previous chapters, we have discussed the theoretical basis of Classical

Homeopathy. We now want to show how this is used in the practice.

... more in the full version ...

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## Constitutional Treatment – Treating the Whole You

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**I**n the previous chapters, we have illuminated various aspects of homeopathy.

... more in the full version ...

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## Homeopathy in Pregnancy

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**P**regnancy is a special stage in the life of a woman. It also represents a stress on the female organism.

... more in the full version ...

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## Homeopathy for Children

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**H**omeopathic treatment is not only capable of improving the health of babies and young children, but also plays a significant part in our children developing into healthy adults.

... more in the full version ...

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## Homeopathy and Sport

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**S**port is enjoying ever-greater popularity and contributes, when carried out within sensible limits, to a healthy sense of well-being, both at competitive as well as amateur levels.

... more in the full version ...

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## Homeopathic Self-treatment

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**E**ver more people are becoming interested in homeopathy and want to heal minor complaints with homeopathic remedies.

... more in the full version ...

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## Taking Your Medicine

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**T**here are several points to observe when taking the remedy that will contribute to the success of the treatment:

... more in the full version ...

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## Questions and Answers (FAQ)

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**Q:** I am always getting cystitis and my doctor continually finds bacteria in my urine.

... more in the full version ...

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## The Authors

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### Heidi Grollmann



- ▶ eidg. dipl. homeopath
- ▶ many years of experience in classical homeopathy in her own practice in Winterthur/ZH - Switzerland

- ▶ extensive teaching and seminars
- ▶ head teacher of the school for classical homeopathy in Zurich, Switzerland ["Schule für klassische Homöopathie Zürich"]
- ▶ co-author of the books «Homöopathische Selbstbehandlung in Akutfällen» ["Treat yourself in Acute Cases"], «Understanding Classical Homeopathy» and «Classical Homeopathy, Pregnancy, Birth, Postpartum period and Infant» [Homöopathie, Schwangerschaft, Geburt, Wochenbett und Säugling]

## Urs Maurer



- ▶ eidg. dipl. homeopath
- ▶ many years of experience in classical homeopathy in her own practice in Baar/ZG - Switzerland
- ▶ extensive teaching and seminars
- ▶ head teacher of the school for classical homeopathy in Zurich, Switzerland ["Schule für klassische Homöopathie Zürich"]
- ▶ co-author of the books «Homöopathische Selbstbehandlung in Akutfällen» ["Treat yourself in Acute Cases"], «Understanding Classical Homeopathy» and «Classical Homeopathy, Pregnancy, Birth, Postpartum period and Infant» [Homöopathie, Schwangerschaft, Geburt, Wochenbett und Säugling]

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### Recommended Reading

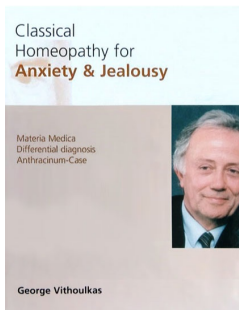
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## More Books & Ebooks

### Classical Homeopathy for Anxiety & Jealousy by George Vithoulkas



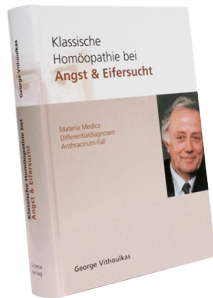
This book is the transcription of a seminar organized by the School for Classical Homeopathy, Zurich ["Schule für klassische Homöopathie Zürich"] October 2001 together with later additions by George Vithoulkas. The 25 most important homeopathic remedies in cases of anxiety and jealousy are described in vivid way. In the comparative materia medica George Vithoulkas explains the most important differences of the various remedies. The homeopathic master shares with us his immense experience. The liveliness of his style, his homeopathic and philosophical insights turn this book into a treasure for the practicing homeopath. The reader will find a lot of helpful information and practical hints. An extensive index and a generous layout as well as highlighted keynotes of the remedies of the cases make this book a work of reference.

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**Klassische Homöopathie bei Angst & Eifersucht** von George Vithoulkas

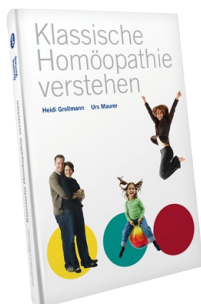




Dieses Buch enthält die Mitschrift des von der Schule für klassische Homöopathie Zürich im Oktober 2001 veranstalteten Seminars sowie nachträgliche Ergänzungen von George Vithoulkas. Die 25 wichtigsten homöopathischen Arzneimittel bei Angst und Eifersucht werden prägnant beschrieben. In der vergleichenden Materia Medica erläutert George Vithoulkas die wichtigsten Unterschiede der in Frage kommenden Mittel. Der homöopathische Meister lässt uns an seinem reichen Erfahrungsschatz teilhaben. Die Lebendigkeit seines Vortragsstils, seine homöopathischen und philosophischen Gedanken bereichern dieses für den Praktiker wertvolle Buch. Das Buch enthält für die Leser viele Informationen und Anregungen für den Praxisalltag. Das umfangreiche Stichwortverzeichnis, die übersichtliche Gestaltung sowie die Leitsymptome der im Seminar besprochenen homöopathischen Mittel zeichnen das Buch auch als praktisches Nachschlagewerk aus.

For more information visit [www.gromaverlag.ch](http://www.gromaverlag.ch).

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- ▶ Erklärt Ihnen, wie Krankheiten entstehen und warum wir krank werden
- ▶ Zeigt Ihnen die Ursachen der Krankheiten und deren Verlauf auf
- ▶ Beschreibt Ihnen, welchen Einfluss die ererbten Krankheiten (Miasmen) auf unsere Gesundheit haben
- ▶ Ermöglicht Ihnen, den Prozess Krankheit-Heilung zu verstehen
- ▶ Ist eine wertvolle Entscheidungshilfe, wenn es um Ihre Gesundheit geht
- ▶ Unterstützt Sie bei der Wahl Ihrer Therapierichtung
- ▶ Erklärt Ihnen auf gut verständliche Art und Weise die Grundlagen der klassischen Homöopathie
- ▶ Hilft Ihnen zu verstehen, weshalb in der Homöopathie eine ausführliche Anamnese gemacht wird
- ▶ Hilft Personen, die bereits in einer homöopathischen Behandlung sind, ihre Therapie besser zu verstehen
- ▶ Ist spannend zu lesen und mit vielen Fallbeispielen aus dem Praxisalltag der Autoren wird Ihnen die klassische Homöopathie verständlich gemacht

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## **Homöopathische Selbstbehandlung in Akutfällen** von Heidi Grollmann & Urs Maurer



### **Bestseller: über 55'000 verkaufte Exemplare!**

Dieses Buch vermittelt auf leicht verständliche und übersichtliche Art das für eine erfolgreiche homöopathische Selbstbehandlung notwendige Wissen. Nebst den allgemeinen Grundlagen werden die 32 wichtigsten Arzneimittel kurz und prägnant beschrieben. Mit Hilfe von 167 Stichworten können Sie sich rasch und zuverlässig einen Überblick über die für die Behandlung in Frage kommenden Mittel verschaffen.

Das beliebte Nachschlagewerk für die homöopathische Selbstbehandlung mit über 55'000 verkauften Exemplaren in der 13. Auflage ist als Buch und als Ebook erhältlich!

For more information visit [www.gromaverlag.ch](http://www.gromaverlag.ch).

## **Klassische Homöopathie – Schwangerschaft, Geburt, Wochenbett und Säugling** von Heidi Grollmann & Urs Maurer

### **Das umfangreiche Kompendium**



Dieses Kompendium ist mit über 125 verschiedenen Indikationen, 158 beschriebenen homöopathischen Arzneimitteln und über 1000 Seiten das umfangreichste Nachlagewerk über Schwangerschaft, Geburt, Wochenbett und Säugling. Durch den übersichtlichen Aufbau wird das angezeigte Mittel schnell und zuverlässig gefunden.

Das Buch richtet sich vor allem an Fachpersonen wie Homöopathinnen und Homöopathen, Hebammen, Geburtshelferinnen und Geburtshelfer sowie an Therapeutinnen und Therapeuten. Überall in der Praxis wo rasch das richtige homöopathische Mittel gefunden werden muss, ist dieses Nachschlagewerk unentbehrlich.

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## **Aphorismen – Philosophische Gedanken zur Homöopathie** von James Tyler Kent

### **Zitate, Sprüche, Lebensweisheiten**



Als einer der grössten und einflussreichsten Homöopathen war Kent der Überzeugung, dass es ohne begründete Philosophie keine echte Heilkunst geben kann. Die vorliegenden 452 Aphorismen Kents gelten als Quintessenz seines Denkens. Sie geben einen umfassenden Einblick in die homöopathische Denkweise und verhelfen zu einer tieferen Auseinandersetzung über Krankheit und Heilung und dem Leben im Allgemeinen. Das Buch eignet sich als Lektüre für alle an der Homöopathie und an philosophischen Themen interessierten Personen.

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# Ausbildung in klassischer Homöopathie

## Klassische Homöopathin, klassischer Homöopath – ein anspruchsvoller, befriedigender Beruf

Die anspruchsvolle, aber auch schöne und befriedigende Aufgabe der klassischen Homöopathin, des klassischen Homöopathen stellt hohe Anforderungen an die fachliche und persönliche Kompetenz. Eine fundierte Ausbildung bildet die Grundlagen für eine erfolgreiche Berufstätigkeit. Die Schule der Autoren, Schule für klassische Homöopathie Zürich, bietet ein anspruchsvolles, zeitgemässes und praxisorientiertes Ausbildungskonzept an. Die Studenten werden optimal auf ihre zukünftige Praxistätigkeit vorbereitet.



### Klassische Homöopathie

3-jährige Ausbildung  
berufsbegleitend

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