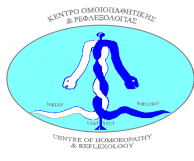


CENTRE OF CLASSICAL HOMEOPATHY
128 Gr.Labraki str., Pireaus 185 32, Greece
0030.210.4138231 <http://www.classical-homeopathy.gr>



SPIROS KIVELLOS M.D.
GENERAL SECRETARY OF RESEARCH
INTERNATIONAL ACADEMY OF CLASSICAL HOMEOPATHY <http://www.vithoukas.com>
Sc.Coll. HEADACHE CLINIC "G.GENNIMATAS ATHENS GENERAL HOSPITAL

Symposium Hahnemann Society- October 2010

Abstract Seminar

"G.Vithoukas' Theory of Levels of Health:

A practical approach with case samples

Prof. George Vithoukas' theory of levels of health, is a scientific classification of human health according to the laws and principles that govern homeopathic science and also the rules for the best application and evaluation of homeopathic treatment. (Table 1)

When we scientifically talk about therapeutic results, as medical doctors and homeopaths too, it is important to define the difference between "suppression of symptoms with a treatment" and "cure". Curing patients with classical homeopathy, presupposes the respect on certain laws, almost unfamiliar to our conventional colleagues. Cure means the dynamic condition of freedom not only of patients' symptoms but of the disease's pathology. Furthermore, homeopathic cure means a lot more. Means freedom of the patient's symptoms, of the disease's pathology and of the predisposition that let the disease to be expressed, acquired idiosyncrasy included. Human Health Definition should be wonderfully upgraded by G.Vithoukas' definition of health. <http://www.vithoukas.com/content/view/39/51/lang,en/>

Patients are waiting for therapeutic results, as well as medical doctors. In chronic diseases it is not uncommon that a classical homeopath should wait different reactions from the patient, than a conventional medical doctor expects. Homeopathic aggravation, reappearance of acute diseases of the past medical pathology, reappearance of the immunological ability of the patient to raise again high fever, more recognizable homeopathic "picture" with clearer symptoms and signs which means stronger and more stable neuro-endocrino-immuno balance and last but not least true proceeding of the healing process according to Hering's law. It is not uncommon to see patients symptoms to be really better according to one specialized doctor's point of view (e.g. suppression of acne symptoms after oral retinoid treatment prescribed by a dermatologist) and other more severe symptoms to be appeared, after a long time according to another specialized doctor's point of view (suicidal tendency as a long term side effect of oral retinoids, detected by a psychiatrist). This misinterpretation of what "therapy" or "cure" means is one of the main communicative problems between conventional medicine and Homeopathy, but may be, or seems to be sometimes a severe compatibility problem between homeopaths as well. Further more, those compatibility problems can create a communicative gap between them.

*"Similia
Similibus Curentur"*

CENTRE OF CLASSICAL HOMEOPATHY

128 Gr.Labraki str., Pireaus 185 32, Greece

0030.210.4138231 <http://www.classical-homeopathy.gr>

During the daily clinical practice of classical homeopathy, the doctor on the first monthly follow up of the patient, after taking the homeopathic remedy, is looking for evidence, indicating that the homeopathic remedy has started to have a therapeutic effect. This evidence does not necessarily mean the improvement of the patients' symptoms. On the contrary, the possibility of the worsening of patients' symptoms during the first days under the homeopathic treatment – the phenomenon of therapeutic crisis-aggravation, noteworthy changes of symptoms of the mental and emotional level of the patient, which possibly were present at the initial medical consultation, the reappearance of past predispositions or infections the patient has had (e.g. the reappearance of past dermatitis, or herpes on the lips), or finally noteworthy changes on the particular physical symptoms of the patient (e.g. patients with migraines, often experience changes on the characteristics of the pain) are observed. All those reactions differ from patient to patient, depending on ones level of health, according to "G.Vithoulkas' Theory of Levels of Health" For example, in cases of chronic headache, where the patient has undertaken conventional medication for a long time period, the symptoms, the signs and its particularities (key-notes) which would lead the homeopathic doctor, to concluding in the absolute correct remedy – the simillimum, have, more possibly, been suppressed. In these situations, the following have to be taken into account, due to the low level of health. Firstly, it is not expected that this patient will be fully cured with the intake of one and only homeopathic remedy, but with a series of homeopathic remedies which will be prescribed gradually, over a long time period. Secondly, if a patient shows immediate improvement without the indication of therapeutic crisis, or the reappearance of former predispositions, then the homeopathic remedy might not be the first correct remedy – simillimum, but a remedy that palliates the patient's symptoms, without substantially curing him. In this case, the response of the patient is not due to a placebo effect, but due to a close similarity of the remedy and not due to the absolute similarity of the remedy with the patient's symptoms.

Prof. G.Vithoulkas' "Theory of Levels of Health" is the first scientific classification worldwide, of the significance of the pathology of the patient not depending on the disease but on his ability to react to the disease. This classification gives the scientific explanation to questions related to the science of homeopathy that have remained unanswered for years, such as:

In which cases the administration of one and only homeopathic remedy is sufficient to bring full cure and in which not? Which is the correct timing for changing a remedy? How is the occurrence of acute disease assessed during the homeopathic therapy for a chronic disease? How is the phenomenon of therapeutic aggravation assessed? What is the homeopathic doctor to expect after administration of the recommended remedy to patients with severe chronic diseases?

These and many more are the basic questions have been answered by George Vithoulkas in his theory of levels of health of the human beings, resulting to a tremendous support of the scientific background of homeopathy. Within this theory the fundamental rules for a reliable and effective practice of homeopathy medicine were set for patients with severe chronic diseases, whereas, for the first time the conditions for homeopathic hospital practice have been scientifically defined since, with the theory of levels of health, the doctor is the one who precisely knows the prognosis of patients with chronic diseases.

CENTRE OF CLASSICAL HOMEOPATHY

128 Gr.Labraki str., Pireaus 185 32, Greece

0030.210.4138231 <http://www.classical-homeopathy.gr>

The theory of levels of health of George Vithoulkas is a significant scientific tool not only for homeopathy but for conventional medicine. **The classification of diseases showing strong health and weak health levels depending on the reaction of the neuro-endocrino-immuno system, answers basic medical questions which have remained unanswered and have been put aside.** In order to understand how George Vithoulkas' exceeded the level of the medical science that he chose to serve, some of these questions are indicatively given:

Why do patients suffering from chronic diseases gradually cease to suffer from acute diseases and high fever?

Why do autistic children cease to suffer from acute diseases?

Why do patients with psoriasis have minor bearing to cancer?

Why in western civilisation where children are not subjected to children's diseases due to vaccinations, the consequence of asthma is getting greater?

Why in modern societies is depression amongst the first in chronic diseases and what has proceeded in the patient's neuro-immuno-chemistry which has led him in this direction?

There are many references in medical bibliography that support this theory.

Prof. G.Vithoulkas' "Theory of Levels of Health" is being taught in the International Academy of Classical Homeopathy courses extensively and is also available by e-learning course.

CENTRE OF CLASSICAL HOMEOPATHY
 128 Gr.Labraki str., Pireaus 185 32, Greece
 0030.210.4138231 <http://www.classical-homeopathy.gr>

TABLE 1: LEVELS OF HEALTH ACCORDING TO Prof. G. VITHOULKAS' THEORY
 (Group A to group D, from higher to lower levels of health)

<p>Group A Levels 1-3</p>	<p>HOMEOPATHIC POTENCY UP TO 50M</p>	<ul style="list-style-type: none"> • ALL DISEASES BUT MOSTLY FUNCTIONAL DISTURBANCES • CURABLE BY HOMEOPATHY, SYMPTOMS LEAD TO CLEAR HOMEOPATHIC REMEDY • NOT FREQUENT INFECTIONS, MOSTLY TYPICAL BACTERIAL CHILDHOOD DISEASES • IN THE UPPERMOST LEVEL THERAPEUTIC HOMEOPATHIC AGGRAVATION MAY NOT APPEAR. VERY SELDOM ACUTE DISEASES. • IN LOWER LEVELS 2-3 MILD THERAPEUTIC HOMEOPATHIC AGGRAVATION MAY APPEAR. SOME ACUTE DISEASES. • IN UPPERMOST LEVEL STRONG HEALTH, USUALLY NO REPETITION OF THE HOMEOPATHIC REMEDY OR OTHER REMEDY WILL BE NEEDED • IN LOWER LEVELS 2-3 MORE HOMEOPATHIC REMEDIES WITH THE APPROPRIATE ORDER WILL BE NEEDED, IN ORDER TO HAVE THE MAXIMUM RESULT. • IN LOWER LEVELS 2-3, ACUTE DISEASES APPEAR MORE FREQUENTLY
<p>Group B Levels 4-6</p>	<p>HOMEOPATHIC POTENCY 10M-1M</p>	<ul style="list-style-type: none"> • AS WE GO DOWN THE LEVELS, WE HAVE THE APPEARANCE OF MORE FREQUENT AND SEVERE ACUTE CONDITIONS (e.g. pneumonia) • BACTERIAL INFECTIONS MORE RESISTANT TO ANTIBIOTICS • MORE SEVERE AGGRAVATION • MORE HOMEOPATHIC REMEDIES, ONE AFTER ONE, WILL BE NEEDED • IN LOWER LEVEL, ACUTE DISEASES FOLLOW ONE THE OTHER. AFTER USING MORE CHEMICAL DRUGS, THE LEVEL OF HEALTH GOES DOWN. • IN LOWER LEVELS 5-6, THERAPEUTIC HOMEOPATHIC AGGRAVATION CAN LAST A LONG TIME
<p>Group C Levels 7-9</p>	<p>HOMEOPATHIC POTENCY 200 CH</p>	<ul style="list-style-type: none"> • MORE SEVERE CHRONIC DEGENERATIVE DISEASES (e.g. Crohn disease, Ulcerative Colitis) • IN UPPER LEVEL, LESS ACUTE DISEASES, LESS SEVERE, THEY GO AWAY EASILY • IN LOWER LEVEL, NO APPEARANCE OF ACUTE CONDITIONS • IN UPPER LEVEL, VERY SEVERE INITIAL THERAPEUTIC HOMEOPATHIC AGGRAVATION • IN UPPER LEVEL, HOMEOPATHIC THERAPEUTIC AGGRAVATION CAN BE SEVERE, EVEN CHEMICAL INTERVENTION MAY BE NECESSARY. • 4-5 HOMEOPATHIC REMEDIES, IN THE APPROPRIATE ORDER WILL BE NEEDED, BEFORE REALISING THE POSITIVE EFFECTS. • A WRONG HOMEOPATHIC REMEDY CAN BE CONFUSING THE CASE. • IN LOWER LEVEL 9, HOMEOPATHIC AGGRAVATION MAY MEAN THAT THE REMEDY WAS WRONG
<p>Group D Levels 10-12</p>	<p>HOMEOPATHIC POTENCY 30CH-12CH REPEATEDLY</p>	<ul style="list-style-type: none"> • SEVEREST CHRONIC DISEASES, EFFECTING IMMUNE AND CNS • STARTING WITH A HOMEOPATHIC REMEDY, SEVERAL OTHERS WILL BE NEEDED, BEFORE AN ACUTE DISEASE APPEARS. • NO ACUTE INFECTIONS AT ALL • NO INITIAL AGGRAVATION. IF HOMEOPATHIC AGGRAVATION APPEARS, THEN THE REMEDY WAS DEFINITELY WRONG. • IN LOWER LEVEL, INCURABLE CASES BY HOMEOPATHY, ONLY PALLIATION IS POSSIBLE