

Basic preparations have a very particular place in the antihomotoxica range of products. Not only they are often the first biotherapeutic choice in first line medicine, they also are the main subject of basic and clinical trial research. Well documented as most of them are some of them open the gate to conventional medicine application. Therefore we can state that beside the theory of homotoxicology, basic preparations create the bridge between conventional and complementary medicine.

## Basic preparations: characteristics 1

- Formulae with more than 2 different components
- With a long tradition on the pharmaceutical market
- With common use in first line medicine



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2

The first basic preparations occurred already in the late 30-ties by the hand of Dr. Reckeweg himself. He was looking for strong and efficient combinations in one formula of main components related to one clinical indication. That is how the basic preparations where created. They are formula with at least two different components. They are easy to use, even in conventional medicine practice as their indications are pure clinical. That means for example that we will use Traumeel in any indication where conventional medicine would apply an NSAID. Traumeel is an inflammation regulating drug (IRD) that can be used for primary and secondary inflammations, especially in the locomotorial system. It has also a high effective therapeutic effect in the treatment of traumata (e.g. sports medicine). More information on Traumeel can be found in the lecture “IAH AC Inflammation Regulation Drug Traumeel”.

## Basic preparations: characteristics 2

- As basic choice in antihomotoxic therapy schemes
- Customary galenic forms
- Made in accordance to the requirements of a complex homeopathic medication (HAB)



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Basic preparations covers the most common indications in first line medicine, especially acute disorders. Therefore they are the first choice of preparations applied in the antihomotoxic treatment, even if more complex therapy schemes are used.

Basic preparations, depending on the medication, are available in common galenic forms. Some of them are available in injectable ampoules, tablets, drops, ointments, gels and even suppositories or even are available in different galenic forms for the same medication.

Basic antihomotoxic preparations are, like all complex homeopathic preparations, made in accordance to the pharmaceutical production requirements as is written down in the pharmacopeia (in this case conform the German one which is the HAB)

## Minimum requirements for considering a medication as basic preparation

- It must be a homeotherapeutic medication
- It can be the similimum corresponding to the (possible) homotoxin
- It can direct itself against one or more homotoxins
- Its main purpose must be the activation or regulation of a tissue or regulation system and/or to stimulate, increase and finalize detoxification and excretion of homotoxins



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A basic preparation is more than just a complex homeopathic product. Beside the fact that it is manufactured according to the homeopathic pharmacopeia the similimum must be corresponding to the intoxication image of the homotoxin. The same antihomotoxic medication can direct itself against one or more homotoxins at the same time. It's main activation must be one of the 3 pillars of homotoxicology. This means it can be a drainage preparation, a detoxification preparation, an immunomodulator, it can create cell function support or organ support.

We remind that the 3 pillars of homotoxicology are:

1. drainage and detoxification
2. Immunomodulation
3. Cell support and organ support

## Requirements 1. homeopathic

- Containing homeopathic decimal (D) dilutions
- Produced GMP and according to the HAB (Homöopathisches Arzneimittelbuch)
- Supported by GCP and basic research
- Mostly in low or middle dilutions



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antihomotoxica only contain decimal homeopathic dilutions (D potencies, called X potencies in the US and some other countries). The production of these medications is according to the highest standards in pharmaceutical production. GMP (Good Manufacturing Practice) is followed and also the HAB, which is the German homeopathic Pharmacopeia (Homeopathisches Arznei Buch), is followed rigorously.

The main antihomotoxica, especially in the basic preparations, are supported by high standard clinical research (done according to the GCP-rules: Good Clinical Practice) and in many cases also basic research.

Mostly the components in the formula of basic preparations are low or middle dilutions which translated to ponderability should be in micro and nano molecular doses.

## Requirements 2. similarity



- The intoxication pattern of the homotoxin is directly or indirectly (over mediator regulation) inverted by a dilution of a homeopathic substance in the formula which has a similar image in the Materia Medica
- The similimum is in some preparations even there at the level of the motif-formation on the T-cells (Immunological Bystander Reaction)
- In general: the closer the similarity, the more effective the activity of the component will be.



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In contrast to classical homeopathic preparations, where the similarity of the compound is limited to the drug picture and the symptoms of the patient, antihomotoxic compounds are chosen according to the similarity between the intoxication image by the homotoxin and the drug picture of the component. This means that the intoxication pattern of the homotoxin is directly or indirectly (over mediator regulation) inverted by a dilution of a homeopathic substance in the formula which has a similar image in the Materia Medica.

Modern basic research has even proven that the similarity is even there at the level of the motives on CD4+ cells. An antigen presenting cell (APC) will present characteristic proteins of the homotoxin to naïve T-lymphocytes. This presentation of these characteristic proteins in the major histocompatibility complex class II of the APC is called a motif (MHC class II motif) that after contact between naïve T-cell and APC will be shown on the epitope of the T-cell. This means that there must be a similarity between the motif on a Treg cell (TH-3 cell) and the motif presented on a pro inflammatory TH-1 and TH-2 cell as both antihomotoxic component out of the formule and homotoxin will create a motif on different type of T-cells (antihomotoxic motif on Treg cell and homotoxin motif on TH-1 and TH-2 cell. Only on that condition there is a down regulation of the inflammatory process by the release of transforming growth factor beta (TGF- $\beta$ ).

It is a general rule that the closer the similarity is, the better and more accurate the homeopathic preparation will work.

In fact we could state that low and middle homeopathic dilutions have a regulating effect due to the similarity between the intoxication image in the patient and the drug picture of the preparation in the Materia Medica. This similarity can possibly be seen on different levels: at the level of the (clinical) symptoms, the level of regulation (influence on mediators) and even at the level of the motifs on T helper cells.

### Requirements 3. multiple similarity

- Homotoxins that create a similar picture of illness can be treated with the same similimum.
- One component of the formula can direct itself against one or more similar homotoxins
- Similar components of the formula can direct themselves against the same homotoxin



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In reality we will see that different homotoxins can create the same or similar symptoms and thus can be treated with the same similimum. Abuse of coffee, alcohol and nicotine can create a similar nausea and gastric symptom picture in the patient that all can be treated with the same similimum: Nux vomica. An intoxication with Nux vomica or its alkaloid Strychnine will create a status in the patient that is similar as been seen after abuse of alcohol, nicotine or coffee. That is why abuse of one or more of these 3 substance can be treated with a very low concentration of Nux vomica, especially when it comes to vomiting or nausea due to earlier abuse.

In fact we could state that one component out of an antihomotoxic formula like in a basic preparation can direct itself against dozens of similar homotoxins. The other way around different similar components can direct themselves against one and the same homotoxin due to reciprocal similarity.

## Requirements 4. activation

- At the level of the ECM and in humoral environment the antihomotoxicum will stimulate the immune activity,
- or detoxify the homotoxin or
- stimulate one or more excretion canals



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The activation is, as stated earlier, at the level of one or more of the 3 pillars of homotoxic treatment, mainly the first and second pillar. Some of the basic preparations are developed to drain the extra cellular matrix over the lymphatic system (e.g. Lymphomyosot), others will activate detoxifying organs like the liver (e.g. Hepeel) or the kidneys (e.g. Reneel).

A second group of basic preparations will, create an immunomodulating effect (e.g. Traumeel) or intervene at the levels of the secretion of mediators in auto regulating processes (e.g. Engystol).

In the third pillar fewer basic preparations are found as they have a direct effect on the cell function or give organ support. Although basic preparations might have an effect here, the main effect is obtained by the use of compositum preparations on a tissue level, having an organ strengthening action. Homaccords will have a functiotropic action.

The above is a general classification as some basic preparations indeed have an organ protective effect. Recent research has shown an antiprolerative, anti-oxidant effect of Hepeel. Conclusion of the study was that Hepeel has an organ protective effect on the liver.

## Tropisms

- Funciotropic preparation: regulates the function of an organ or organ system
- Organotropic preparation: supports the organ, regenerative or cell protecting activity, amelioration of the cell oxygenation
- Psychotropic preparation: has an impact on the mind of the patient. Regulating emotions and thoughts.



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A tropism is an affinity a preparation has for an organ, an organ function or the mind. Not every preparation has effects on all 3 of these and therefore we classify preparations according to their tropisms or effects on the human being.

A preparation is functiotropic if it has an effect on the function of an organ (or even more organs).

An organotropism relates the substance to an organ, the substance has a high affinity to that organ. That means that the 'state' or condition of that organ is often influenced.

Psychotropic components are substances that will influence the mind status of the patient. This means that some substances might reduce nervousness while others might induce joyful emotions or a more positive attitude towards life. homeopathic preparations with psychotropisms should not be confused with psychopharmaca. Although creating very positive effects on the mind status of a patient, homeopathic preparations can never have the deep impact of psychopharmaca and should not be used in serious psychiatric conditions like endogenous depression or severe psychopathic conditions.

## This means that in the basic preparations:

- Beside the action of inverting the activity of the homotoxin(s) there is often a drainage effect at the level of the ECM of the relevant organ or organ system.
- The activity is primarily functiotropic (regulation therapy), rarely organotropic or psychotropic.
- The application is related to the clinic indication.



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10

We may conclude that beside an action of counterweight in which the substance 'neutralizes' the homotoxin, also a drainage or detoxifying effect may occur. This means that certain substances are able to stimulate or accelerate the elimination of the homotoxins in the direct environment of the cell (extra cellular matrix, ECM)

Most substances used in basic preparations have functiotropic characteristics and only a few have organotropic characteristics. There are many substances that have psychotropic characteristics and some of the are used in formulas of basic preparations used in restlessness, sleep disorders, anxiety, negative stress, etc...



**Most antihomotoxic medications are homeopathic drugs, but most homeopathic drugs are no antihomotoxic medications.**

*Hahnemann*



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Due to the fact that in most antihomotoxic medications homeopathic dilutions are used we can state that antihomotoxic medications are combination homeopathic preparations. The inverse however is not true. Antihomotoxic preparations are distinguished from homeopathic combination preparations due to the synergism of the components, the complementary action of the components and the action of an antihomotoxic preparation in a distinct phase on the disease evolution table.

## An antihomotoxic preparation is more than just a homeopathic complex preparation



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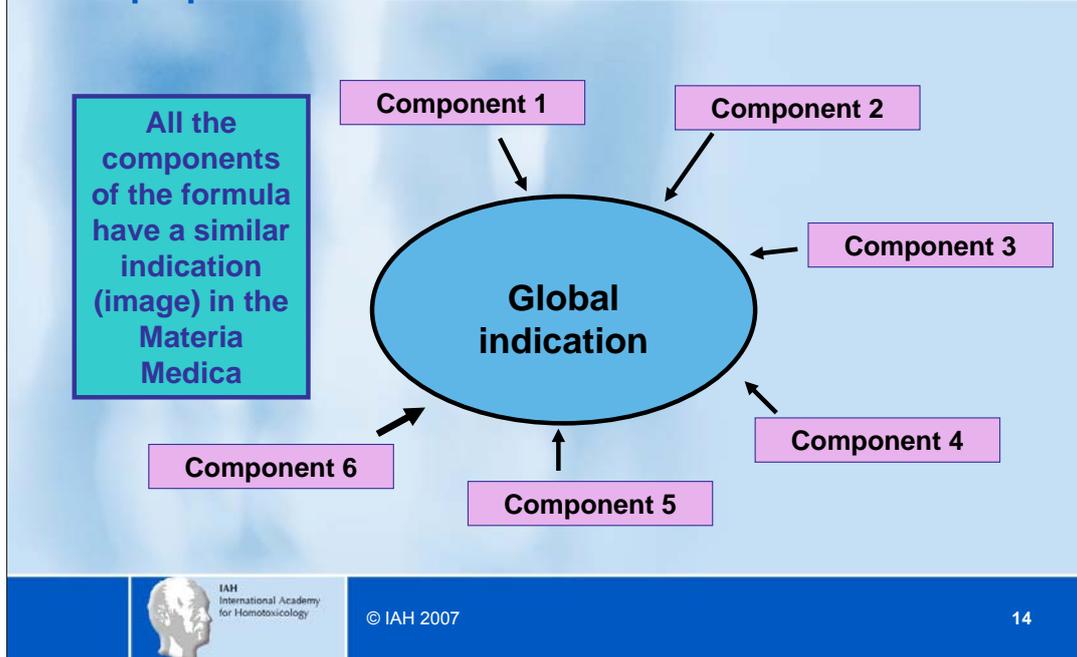
12

There are important differences between antihomotoxic medications and combination homeopathic preparations. As mentioned in the text under the former slide these differences are so important that both types of medications have completely other effects on the human organism and applied in a different way (conform the location of the patient on the DET) should therefore not be confused.



If we compare the architecture of the formula of antihomotoxic with the architecture of complex homeopathic medications we come to some essential differences.

## Architecture of a common complex homeopathic preparation



In combination homeopathic preparations the global indication stands central in the choice of the components. In fact, these components that have the global claimed indication in their drug picture at the level of the materia medica, are taken up in the formula. Often we see in homeopathic combinations the polycrysts of the classical homeopathy. This means that the choice is purely made in function of the drug pictures of the components that all will be similar.

**Combination homeopathic preparation**

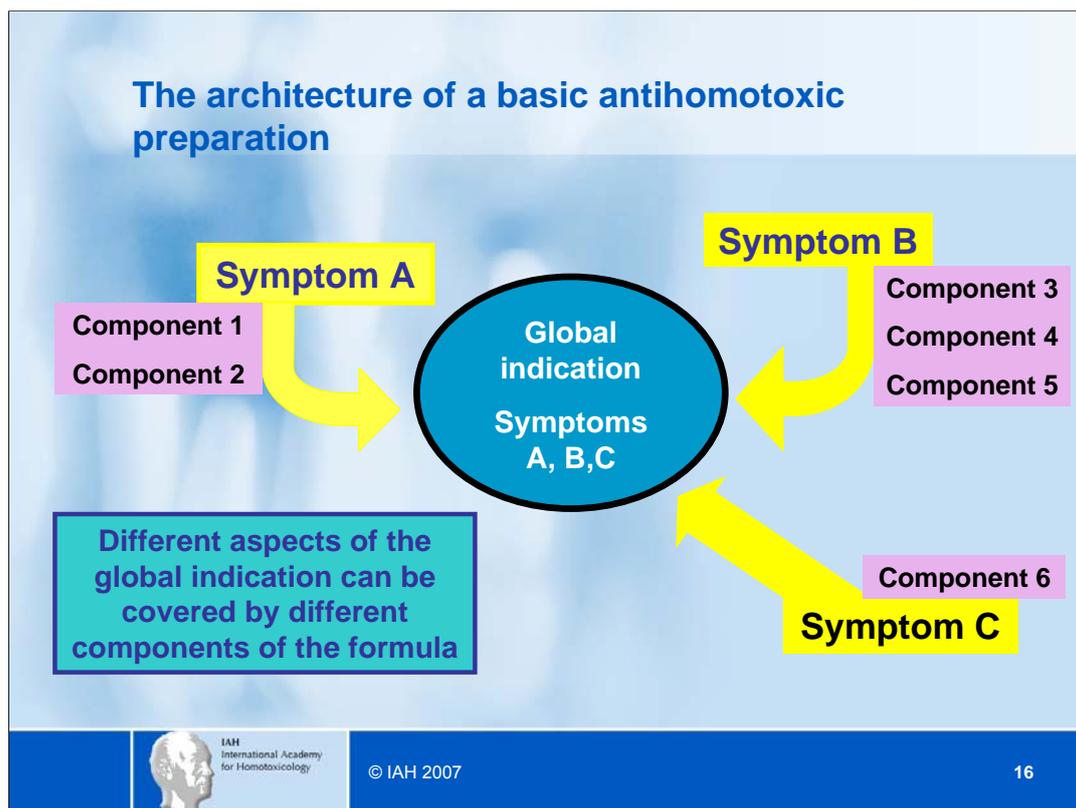
**Symptom relief**

*Nackweg*

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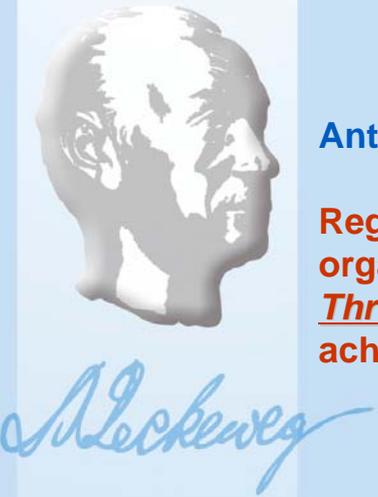
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The main objective of combination homeopathic medications is pure symptom relief.



In antihomotoxic medications different aspects of the intoxication status are represented in the choice of the components. In an inflammation regulating drug like Traumeel for example some components will cover the swelling and redness aspect, others will cover the down regulation of pro inflammatory mediators and others will realize pain relief and even regeneration at the level of the matrix (by TGF- $\beta$  production that stimulates the regenerating activities of the fibroblasts).

So mainly we can state that different components of an anti homotoxic formulation will cover different aspects of the global indication claimed for the medication. The formula represents the synergic effect of the components and their complementary action to cover the indication claimed.



**Antihomotoxic preparations**

**Regulating, detoxifying and cell or organ supporting.**  
**Through this symptom relief is achieved**

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In general antihomotoxic medications will intervene at one or two pillars of the 3 pillars of homotoxicology. Basic preparations will stimulate drainage and/or detoxification and a lot of basic preparations have an immunomodulating or regulating effect. The symptom relief seen in the patient is an indirect effect of these activities. An eliminated homotoxin will no longer trigger a pathological reaction of the organism. As disease in homotoxicology is defined as a biological and purposeful defense against the presence of homotoxins, an elimination of the homotoxin or a correction of deregulating effects will end up with the disappearance of the clinical symptoms.

The therapeutic use of antihomotoxic medications is therefore a causal treatment.

## Example: Hepeel

- Clinical indication: primary and secondary disorders of the liver
- Components regulate the liver function (physiotropic) and protect against liver cell damage<sup>(1)</sup>
- Versus Hepar compositum which detoxifies the ECM of the liver, protects the liver cells (physiotropic) and ameliorates the liver cell oxygenation (organotropic)

(1) Gebhardt, R.; Antioxidative, Antiprolerative and Biochemical Effects in HepG2 Cells of a Homeopathic Preparation and its Constituent Plant Tinctures Tested Separately or in Combination, *ArzneimittelForschung/Drug Research*, 2003, 53, No 12, 823-830



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18

Let us take as an example the liver medication Hepeel which is an anti homotoxic basic preparation.

Looking at the indication claimed we see primary and secondary disorders of the liver. Analyzing the formula and referring to basic research we find functiotropic components that activates the liver function (detoxifying organ) and even protects the liver cells against being damaged by certain homotoxins.

In comparison to a more complex anti homotoxicum called Hepar compositum is has more effect on the first and second pillar of homotoxicology. Hepar compositum has immunomodulating effect at the level of the liver and has liver cell and organ support characteristics.

## Hepeel formula from purely homeopathic point of view: Materia Medica of the components

- **Lycopodium:** activation of the liver function, detoxifying effect
- **Chelidonium:** pain sensation in liver and gall bladder
- **China:** liver enlargement, loss of appetite
- **Nux moschata:** intestinal inflammation, meteorism
- **Carduus mar:** cell protective, detoxification
- **Phosphorus:** liver intoxication
- **Veratrum alb:** intestinal inflammation, vomiting
- **Colocyntis:** colics, pains in lumbar belt



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If we look in detail to the different components we see the functiotropic peculiarities of a few components. We also see components that have a liver cell protective action. Some components will directly act on relief of liver symptoms.

## Hepeel from antihomotoxic point of view

- Research showed liver cell protective effect (Gebhardt)
- The synergy of the different components create the final effect
- The components are not similar the one to the other (as in homeopathic combination preparations) but also complementary in their action



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The composition of the basic combination medication Hepeel has a synergic, complementary and even cell protective effect in the treatment of liver disorders. It will mainly be used in liver disorders at the left side of the Regulation/Compensation Division on the Disease Evolution Table.

Basic preparation	><	Compositum
• Reneel	—————	• Solidago compositum
• Aesculus-Heel	—————	• Aesculus compositum
• Lymphomyosot	—————	• Tonsilla compositum
• Spascupreel	—————	• Atropinum compositum
• Schwef-Heel	—————	• Cutis compositum
• Horneel	—————	• Ovarium compositum
• ...	—————	• ...


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The main difference between a basic preparation and his composita “twin” is the architecture of the formula. Composita medications have often suis organ preparations and catalysts incorporated in the formula which is not the case in basic preparations.

For every main basic preparation there is a compositum variation.

Basic preparations are mainly used for the treatment of pathologies at the left side of the regulation/compensation division on the Disease Evolution Table. Composita preparation are mainly used at the right side of this division on the table.

Basic preparations are, like every antihomotoxic preparation, prescribed according to the positioning of the patient on the disease evolution table.

**DISEASE EVOLUTION TABLE (DET)**

HEALTH ← Process of Regulation / Derangement → DISEASE

Organ System/Phase	Humoral Phase			Mucic Phase			Cellular Phase			
	Basal Phase	Immunologic Phase	Regenerative Phase	Regenerative Phase	Immunologic Phase	Basal Phase	Regenerative Phase	Immunologic Phase	Basal Phase	
<b>ECTODERMAL</b>										
<b>ENDODERMAL</b>										
<b>MESODERMAL</b>										

Self-regulation, Self-healing effort, Possible Progression.      Compensation, Tendency to appropriate Deadfall Progression.



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Basic preparations as well as compositum preparations are used or prescribed in accordance of the patient's current position on the Disease Evolution Table, the disease or health evolution he or she has been through and the risks for disease evolution that are real for the near future.

**A basic preparation is a symptom related and/or terrain medication**

**Mostly used, even isolated, at the left side of the disease evolution table, although it is effective at the right side too if it is imbedded in a complex therapy scheme.**



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We could thus state that a basic preparation is a symptom related and/or terrain medication. Basic preparations are often used isolated in acute pathologies but are standard a part of more complex therapy schemes (3 pillars) in chronic degenerative pathologies.

DISEASE EVOLUTION TABLE (DET)						
HEALTH ←		States of Regulation / Deregulation			→ DISEASE	
Organ System/Phase	Humoral Phases		Matrix Phases		Cellular Phases	
	Reaction Phase	Adaptation Phase	Regulation Phase	Reparation Phase	Organization Phase	Individualization Phase
ECTODERMAL	1. Skin	2. Hair	3. Nails	4. Epithelium	5. Connective Tissue	6. Bone
	7. Nervous System	8. Endocrine System	9. Immune System	10. Reproductive System	11. Circulatory System	12. Excretory System
	13. Muscular System	14. Skeletal System	15. Integumentary System	16. Reproductive System	17. Circulatory System	18. Excretory System
	19. Nervous System	20. Endocrine System	21. Immune System	22. Reproductive System	23. Circulatory System	24. Excretory System
ENDODERMAL	25. Digestive System	26. Respiratory System	27. Urinary System	28. Reproductive System	29. Circulatory System	30. Excretory System
	31. Nervous System	32. Endocrine System	33. Immune System	34. Reproductive System	35. Circulatory System	36. Excretory System
	37. Digestive System	38. Respiratory System	39. Urinary System	40. Reproductive System	41. Circulatory System	42. Excretory System
	43. Nervous System	44. Endocrine System	45. Immune System	46. Reproductive System	47. Circulatory System	48. Excretory System
MESODERMAL	49. Muscular System	50. Skeletal System	51. Integumentary System	52. Reproductive System	53. Circulatory System	54. Excretory System
	55. Digestive System	56. Respiratory System	57. Urinary System	58. Reproductive System	59. Circulatory System	60. Excretory System
	61. Nervous System	62. Endocrine System	63. Immune System	64. Reproductive System	65. Circulatory System	66. Excretory System
	67. Digestive System	68. Respiratory System	69. Urinary System	70. Reproductive System	71. Circulatory System	72. Excretory System

REGULATION/COMPENSATION DIVISION

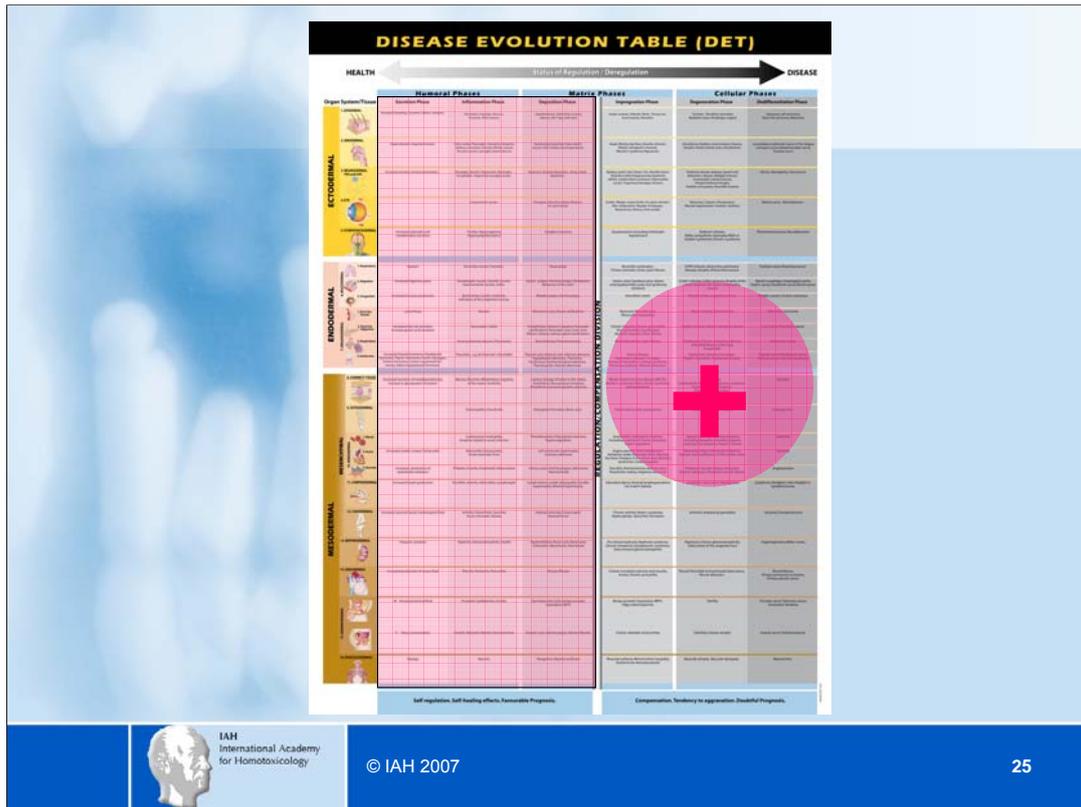
Self-regulation, Self-healing effects, Remissive Progression      Compensation, Tendency to regression, Incomplete Progression



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24

In another way we could say that looking at the Disease Evolution Table basic preparations are used at the right side of the regulation/compensation division if combined with other antihomotoxic medications, but can be used as a single treatment at the left, especially in the humoral phases.



The red area on the DET marks the use of basic preparations. At the left of the regulation/compensation division they can be used isolated or single, at the right they are mostly combined with other antihomotoxic preparations to complete the therapy scheme.

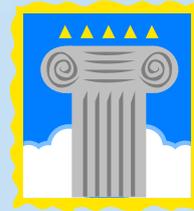
## Three Pillars of Homotoxicology: TIME FRAMES OF TREATMENT



**IMMUNO  
MODULATION**



**CELL and ORGAN  
SUPPORT**



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Some of the basic preparations are purely drainage or detoxification preparations. The most important here are:

Lymphomyosot as main lymph drainage medication, used to transport homotoxins from the extra cellular matrix to the blood stream.

Hepeel as stimulator of the liver function and therefore detoxifying

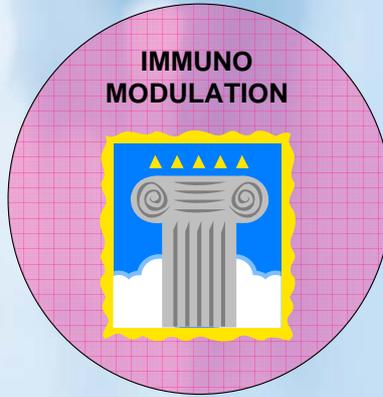
Galium Heel as deep cleansing medication for the ECM (long term use) and even cellular cleansing

## Three Pillars of Homotoxicology:

**DETOXIFICATION**



**IMMUNO  
MODULATION**



**CELL and ORGAN  
SUPPORT**



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Other basic preparations have strong immunomodulating effects.

Main medications here are:

Traumeel as inflammation regulating drug (IRD)

Reneel as immunomodulator at the level of the kidneys and bladder

Tartephedreel at the level of the lung

Although Engystol is a strong immunomodulator its architecture has more characteristics of a homaccord than of a standard basic preparation. Engystol is mainly used as defense enhancer in viral infections.

**Basic preparations can be completed to more individual and specific use by combining them with Injeels and Homaccords.**

**- Cocktail injections -**



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In the antihomotoxic treatment of a patient a more individualized approach is possible by adding homaccord or Injeels to the existing formula. In this case often cocktails of injections are used.

All medications of Heel can be combined or used as “cocktails” as no interactions have been seen in the past and no potentializing effect has ever been reported although used in widely across the globe.

Basic preparations are an excellent introduction into antihomotoxic medicine, especially in general practice.